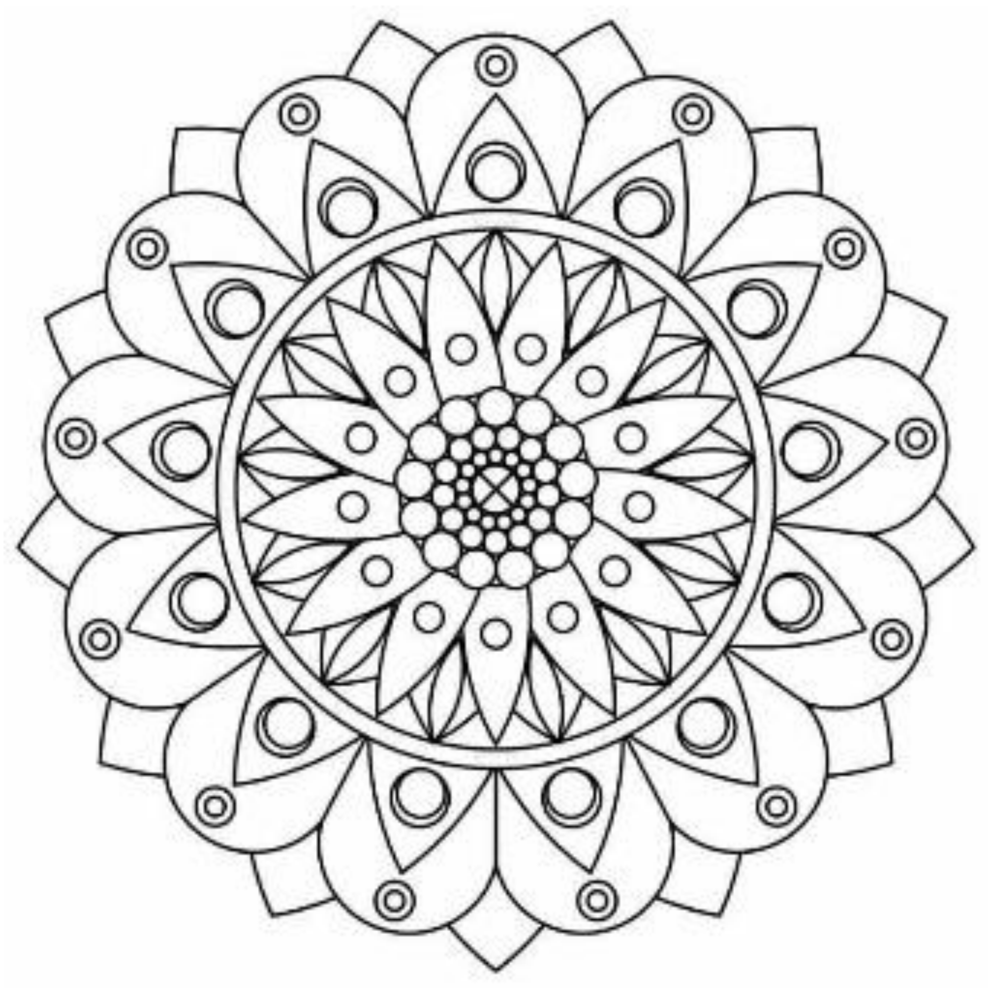
# My Sati Diary

*Practicing Mindfulness in Daily Life*



*belongs to*

……………………………….

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உளவிழிப்புணர்வு பாடசாலை
*Sati Pasala*

*My Sati Diary*

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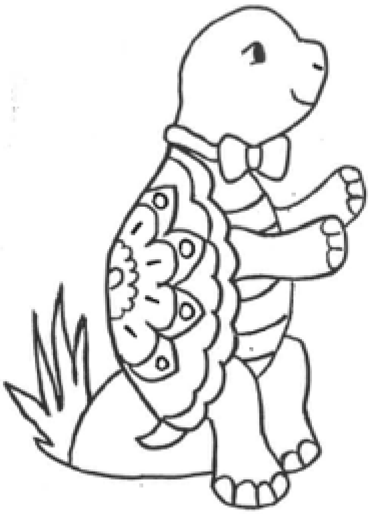

**S** Slowly

**M** Mindfully

**S** Silently

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බෝමිරිය, කඩුවෙල
www.satipasala.org
coordinator@satipasala.org
077 35 98 513

*Source of cover page image:* (Mindful Picture Colouring – 1st Month)

https://i.pinimg.com/originals/c0/da/bf/c0dabf1fae1739421f1068455b94fe1d.jpg

*The Turtle image designed by:*

Sethni Damsa

**Foreword**

“Sati” is a Pali word. In English it is called mindfulness or awareness. This simply means that, every moment we should be fully mindful or completely aware of what we do, what we say and what we think. We have to experience either pleasant or unpleasant events mindfully and without making any judgment.

The book “My Sati Diary” is another step introduced by Sati Pasala to encourage all in society to practice mindfulness in their daily life. This book is prepared as a guidance for teachers and children (irrespective of the grade and subject), to simply teach and practice mindfulness as one of their school curriculum activities.

The careful thoughts were used for the application of the bare attention to sensory transactions (hearing, seeing, tasting, touching smelling etc…) at every posture (mindful standing, mindful sitting, mindful walking and mindful sleeping) by clearly and simply applying the Sati Pasala concept called, “SMS”, *Slowly- Mindfully – Silently* for all the tasks.

Further, the book discusses the ways of being mindful when interacting with family members & friends, with nature, in different places, with pleasant events as well as unpleasant events, without making any judgment. This will help to understand and apply the Social Emotional Learning (SEL) and it will help to make a home or school classroom a joyful place and all parents, teachers and students live with a happy mind.

Undoubtedly, the content will motivate the readers to engage their practices in day-to-day activities. This book has continuously addressed all the main areas of the mindfulness in each task and will help the user to naturally learn, develop and share the human qualities such as simplicity, humbleness, innocence, patience, empathy, kindness, and be able to manage emotions and varied situations by using bare attention, and by reverting to the present moment non-judgmentally.

There are enough flexibilities available in this book for you to select a task and practice mindfulness during different times of the day and help you to develop an emotional understanding too.

Based on my past experience and understanding, practicing the tasks mentioned in this book will help you to learn and share qualities like gratitude, benevolence, selflessness, understanding others, being happy for others, appreciation of tiny joys, simple things that someone does, appreciate family and friends, appreciating nature, being kind and

protective of the environment and being aware of climate changes through mindfulness, mindful with our own feelings and emotions and understanding others including peer groups.

I invite you to practice “Sati” and use the book, “My Sati Diary” to get a new experience in your life.

**Venerable U. Dhammajiva**

Founder of the Sati Pasala, Sri Lanka

Chief incumbent of Nissrana Vanaya, Monastery, Sri Lanka

31.10.2021

**An Instruction from the Designer………..**

My Dear Children,

This book, "My Sati Diary" is designed to practice "Sati" *Slowly, Mindfully and Silently* at any time of the day or at any day of the month while connecting with your daily activities on a continuous basis. This is not an exam-oriented book. This is a book that will invite you to do your own life research.

Since this is your Diary, you are free to complete it according to your ideas, thoughts, observations, and preferences. We encourage you to draw a picture at the beginning of the given space when you start an activity to remind you of that task. In addition to that, some mindful coloring pictures extracted from the internet are provided to match with some topics, it is provided to improve your creativity and accordingly you may mindfully color them during your leisure time by taking one image per month.

Website links for some Sati pasala videos are provided on monthly basis to match with the given topics and I urge you to watch them during the given period to improve your knowledge on mindfulness. Sati Songs were added in between of some tasks to get different feelings to your mind, and you may enjoy them as well.

When you are following one task for more than one day, you can tick the boxes in the grid that is provided at the end of each task to have a count of them. You may keep an aim to fill all the boxes in the given grid within a year.

You can note down your own experience by following the format (Reflection Writing Sheet) provided at the end of the 1st month and if you wish to invent additional tasks, you may use the provided blank sheets at the end of this book.

You may miss some tasks at the beginning of your practices, but you do not need to worry about missed ones since you will get another day to complete the missed tasks. There is no particular order to do the tasks and you are free to use this book the way you like as it is your very own Diary.

***"Just like how a flower garland is created from knitting flower after flower, a whole Sati Day will be created by doing a series of mindful tasks one after the other".***

After competing all the tasks in "My Sati Diary", you may realize it is a set of routine activities of one particular day. Accordingly, you will allocate a day to observe all these activities and the aim of this book will be fulfilled, as how a flower garland is created.

Before giving this book into your hand I have obtained instructions from my Sati teachers for the content of this book and I am happy to give my sincere respect towards the endless support and guidance received from *Most Venerable Uda Eriyagama Dammajiva Thero* and *Most Venerable Panadure Chandaratana Thero* of *Nissarana Vanaya Monastery, Sri Lanka.*

There is no point of reading other's Diaries. The best thing to do is writing of your own one. Our intention is also to encouraging you to do it in the same manner by expressing your observations based on the given tasks of "My Sati Diary" book. Additionally, as a

motivational factor to you all, Sati Pasala Foundation and your school teachers will arrange "Sati Diary Review Days" to discuss your observations and progress through the book. After completing all the tasks given in this book you will be awarded with a certificate from Sati Pasala Foundation once you have applied through your sati teachers.

"My Sati Diary" would not have been possible if it had not been for the help received from by my beloved daughter, *Sethni Damsa,* aged 14, by adding her creative ideas towards this book and from Sati Friends by giving their lyrics, advice, and endless support. Furthermore *Mr. Chamin Athauda*, English Language Lecturer spent his valuable time on moderating the language of the book. I would like to extend my gratitude to all of them.

By practicing "Sati" every minute, every hour, every day, every month, and every year, you will be enjoying your entire life at the present moment and will be able to get wonderful experience and you will be able open up new chapters in this very life.

My dear Children, I invite you to start this life journey now itself.

Thank you.

Chandima Perera*

*01.10.2021 – On World's Children's Day*

** Chandima Perera – B.Sc (Special) Accountancy & Finance – University of Sri Jayawardenepura, Sri Lanka; Master of Accounting & Finance – University of Adelaide, Australia; Fellow member - Institute of Chartered Accountants of Sri Lanka.*

## *Sati Song - සති ගීත*

| *Satiyata Pera, Wadanak* | සතියට පෙර, වදනක් |
|---|---|
| Aagam jathi wayas panthi beda nethi<br>Baahira upakara kisiwek awesi nethi<br>Kaayika manasika suwayan labiya heki<br>Weda men hedakamaki suwa osu denne nethi // | ආගම් ජාති වයස් පංති භේද නැති<br>බාහිර උපකාර කිසිවෙක් අවැසි නැති<br>කායික මානසික සුවයන් ලැබිය හැකි<br>වෙද මෙන් හෙදකමකි සුව ඔසු දෙන්නෙ නැති// |
| Ganna husma helana bawa dakina wita<br>Nasaya aga sitan eya mura karana wita<br>Aanapanasati gemburin balana wita<br>Kalaya nodeni sathutak danawayi sithata// | ගන්නා හුස්ම හෙලනා බව දකින විට<br>නාසය අග සිටන් එය මුර කරන විට<br>ආනාපානසති ගැඹුරින් බලන විට<br>කාලය නොදැනි සතුටක් දනවයි සිතට// |
| ......Satiya nithara wadanata api purudu wemu<br>......Satiya wada sita suwapath karaganimu// | .......සතිය නිතර වඩනට අපි පුරුදු වෙමු<br>.......සතිය වඩා සිත සුවපත් කරගනිමු// |
| Sakmane yede paya wetha awadane yoman<br>Wathmane sihiya pawatheemath puhunu karan<br>Peminena situwili satiyen menehi karan<br>Siduwena dema wimasillen idimu balan// | සක්මනෙ යෙදේ පය වෙත අවධානෙ යොමන්<br>වත්මනෙ සිහිය පැවතීමත් පුහුණු කරන්<br>පැමිණෙන සිතුවිලි සතියෙන් මෙනෙහි කරන්<br>සිදුවෙන දේම විමසිල්ලෙන් ඉදිමු බලන්// |
| ...... Nithara satiya wadanata api pela gasemu<br>......Satiya wada divi maga saru karaganimu// | .......නිතර සතිය වඩනට අපි පෙළ ගැසෙමු<br>.......සතිය වඩා දිවි මග සරු කරගනිමු// |
| ......Sati sisilen lak dana mana pana powamu<br>......Satiye shanthiya lowa wetha pathurawamu// | .......සති සිසිලෙන් ලක් දන මන පණ පොවමු<br>.......සතියේ ශාන්තිය ලොව වෙත පතුරවමු// |
| *Lyrics:*<br>*Mr. Milinda Pathirana (Attorney at Law)* | *පද රචනය:*<br>*නීතිඥ මිලින්ද පතිරණ* |

*Video link for the Song:*

[නිතර සතිය වඩනට || Nithara Sathiya Wadanata || Sajeewa Sankalpa with Satipasala team - YouTube]

සති පාසල
உளவிழிப்புணர்வு பாடசாலை
*Sati Pasala*

| Mind Full | Mindful |
|---|---|

| Mind is wandering off to; | "Now – I am – Here" |
|---|---|
| ✓ Past event or<br>✓ Future event or<br>✓ Another place or<br>✓ About another person | ✓ Breathe in ……<br><br>✓ Breathe out …… |

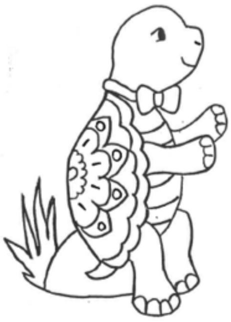
*Designed By: Sethni Damsa*

*More Information on this Picture pls. refer:*

SLBC AUDIO TO VIDEO FOR EDUCATION 32 - YouTube

SLBC AUDIO TO VIDEO FOR EDUCATION 33 - YouTube

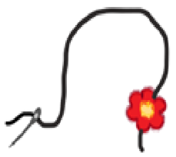
| | | |
|---|---|---|
| | ***My Sati Diary***<br><br>***1st Month***<br>*(Tick a box once you start a task)* | |
| **Tasks** | | ✓ |
| **01** | **Mindful Walking**<br>(Becoming aware of the movements of the feet) | |
| | *Sati Pasala Video Links:* | |
| | https://www.satipasala.org/sati-pasela-video/#walking | |
| **02** | **Mindful Sitting**<br>(Continuously be connected with body and mind) | |
| | *Sati Pasala Video Links:* | |
| | https://www.satipasala.org/sati-pasela-video/#sitting | |
| **03** | **Mindfully Tooth Brushing**<br>(Observe each minor activity) | |
| | *Sati Pasala Video Links:* | |
| | Mindful Brushing (English) - YouTube | |
| | සතිමත්ව දත් මැදීම / Mindful Brushing (Sinhala) - YouTube | |
| **04** | **Playing Sati Games**<br>(Joyful moments) | |
| | *Sati Pasala Video Links:* | |
| | https://www.satipasala.org/mindful-games/ | |
| | | |
| ** | **Useful Sati Pasala video links for this month** | |
| | How Sati Pasala started \|\| Facilitator Training 01 - YouTube | |
| | Introduction to mindfulness \|\| Facilitator Training 02 - YouTube | |
| | Introduction mindful sitting \|\| Facilitator Training 03 - YouTube | |
| | Introduction mindful walking \|\| Facilitator Training 04 - YouTube | |
| | Mindfulness in daily activities \|\| Facilitator Training 05 - YouTube | |
| | Mindful games \|\| Facilitator Training 06 - YouTube | |
| | Reflection writing \|\| Facilitator Training 07 - YouTube | |
| ** | **Sample Reflection Writing Sheet** | |



**S** Slowly

**M** Mindfully

**S** Silently



# *My Sati Diary – 1st Month*

## *1. Mindful Walking*

Becoming aware of the movements of the feet

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that you are now standing near the starting point of the walking path, while observing your body posture. ***(Standing)***
- ✓ *Slowly, Mindfully and Silently* start the walking process. ***(Walking)***
- ✓ Pay attention to the movement of your feet as you start to walk. ***(Moving)***
- ✓ Notice "left" and "right" when taking steps. *(This is not an exercise, just note it as "**Left**" and "**Right**" as you take your steps).*
- ✓ After becoming good at the previous task, notice "Lifting", "Moving" and "Placing" of your feet in each step. *("**Lifting**", "**Moving**" and "**Placing**")*
- ✓ Make a note in your mind about each of the movement of your feet. ***(Noticing)***
- ✓ Be mindful of turning at the end of the walking path. ***(Turning)***
- ✓ Through your mind continuously observe the walking process. ***(Observing)***
- ✓ Be aware of your senses on the feet and legs when you are walking. ***(Feelings)***
- ✓ ………………………………………………………………………..…..
- ✓ ……………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 1st Month*

## *2. Mindful Sitting*

Continuously be connected with body and mind

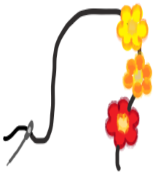
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your intention to do the "Mindful sitting" activity. ***(Intention)***
- ✓ Be aware that you are sitting in a comfortable manner. ***(Sitting down)***
- ✓ Pay attention to the present moment, *"**Now-I am-Here**"*
- ✓ *Slowly, Mindfully and Silently* maintain connection with your body continuously. ***(Connect with your Body)***
- ✓ Give space for whatever is going to arise while you are doing the task. *(Don't judge, don't question, don't ruminate, don't give up, don't hold on, don't get attached, and focus on the art of letting go.)* ***(Non- judgment)***
- ✓ Just keep focusing on your breath and keep breathing. ***(Breathe in…Breathe out…)***
- ✓ Notice the series of thoughts which took place in your mind. ***(Thoughts)***
- ✓ Observe the flow of arising thoughts, as if you are watching a movie. (***Observing non- judgmentally***)
- ✓ Be aware that they disappear while you are observing them. ***(Disappearing)***
- ✓ Notice there is a neutral feeling as well. (a feeling that is neither pleasant nor unpleasant). ***(Neutral)***
- ✓ Be aware of the calmness. (***Calm***)
- ✓ ………………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# *My Sati Diary – 1st Month*

## *3. Mindful Tooth Brushing*

Observation of each minor activity

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the arising intention to brush your teeth. ***(Intention)***
- ✓ Observe when applying toothpaste to the toothbrush. ***(Applying)***
- ✓ Notice the texture, colour, and the smell of the toothpaste. (***Observing***)
- ✓ Brush your teeth *Slowly, Mindfully and Silently* by taking your time.
- ✓ Be aware of each and every tooth when you are brushing. ***(Brushing)***
- ✓ Notice the way that your arm moves to move the toothbrush around your teeth. ***(Moving)***
- ✓ Be aware of the senses you get during the process. ***(Feeling)***
- ✓ Pay attention to the sounds created by you when doing this activity. ***(Sound)***
- ✓ When you notice that your mind is wandering off, just let those thoughts pass and come back to the present moment. (*"**Now – I am – Brushing Teeth**"*)
- ✓ Be aware of the cool feelings of freshness. ***(Feeling)***
- ✓ ………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
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| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 1st Month*

## *4. Playing Sati Games*

Joyful moments

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that the time has arrived to enjoy your Sati games as per your plan of the day.
- ✓ Observe your intention to join your family or friends to do it. ***(Intention)***
- ✓ Based on everyone's preference, choose a Sati game to play. ***(Selecting)***
- ✓ *Slowly, Mindfully and Silently* play the game while enjoying the present moment.
- ✓ Observe your body movement while you are doing it. ***(Moving)***
- ✓ Do not allow yourself to start any arguments with others.
- ✓ Pay attention to your emotions while playing the Sati game. ***(Feelings)***
- ✓ Be mindful enough to fill your "Sati Diary Reflection Writing Sheet" based on your experience. ***(Writing)***
- ✓ ………………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
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| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary*

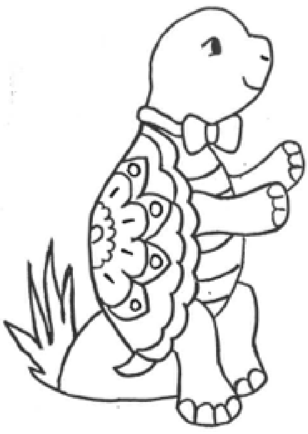
## *Reflection Writing Sheet*

***Task ……………………………….***

*Date ……………………………….*

| **Observing the bare attention to sensory transactions** | | **My Observation**<br><br>***(Write down your own experience)*** |
|---|---|---|
| **Eye** | *Seeing* | |
| **Ear** | *Hearing* | |
| **Nose** | *Smelling* | |
| **Tongue** | *Tasting* | |
| **Body** | *Touching* | |
| **Mind** | *Thinking* | |

| | | | |
|---|---|---|---|
| | ***My Sati Diary*** <br><br> ***2nd Month*** <br> *(Tick a box once you start a task)* | | |
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 01 | Mindful Walking | |
| | 02 | Mindful Sitting | |
| | 03 | Mindful Tooth Brushing | |
| | 04 | Playing Sati Games | |
| | | | |
| **05** | **Mindfully Drinking a Glass of Water** <br> (Pay attention to the simplest task) | | |
| | | | |
| **06** | **Mindfully Having a Cup of Tea** <br> (Be aware of each process) | | |
| | 6.1 | Making Tea | |
| | 6.2 | Holding the Cup | |
| | 6.3 | Drinking Tea | |
| | | | |
| ** | **Useful Sati Pasala video links for this month** | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 32 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 33 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 34 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 35 - YouTube | | |

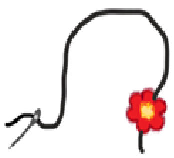


**S** Slowly

**M** Mindfully

**S** Silently

# *My Sati Diary – 2nd Month*



## *5. Mindfully Drinking a Glass of Water*

Pay attention to the simplest task

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to have a glass of water. ***(Intention)***
- ✓ Notice the senses when holding the glass of water with your hands. ***(Hard/Soft, Cool/Warm, Weight)***
- ✓ *Slowly, Mindfully and Silently* direct the glass of water towards your mouth.
- ✓ Experience the senses to your lips as you take the first sip. ***(Warmness/ Coldness)***
- ✓ Notice how water moves from your mouth to stomach when swallowing it. ***(Feeling)***
- ✓ Continue to drink water *Slowly, Mindfully and Silently*. ***(Drinking)***
- ✓ Observe the water level in the glass decreasing gradually as you drink it. ***(Observing)***
- ✓ Be aware of the body feelings after completing the task. ***(Feeling)***
- ✓ ……………………………………………………………………………..….
- ✓ ……………………………………………………………………….....…..

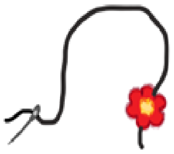
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Colouring - 2nd Month

*Source of the image:*

https://i.pinimg.com/originals/42/7c/57/427c5794160aca8aa7fac4bdb2f05402.jpg



# *My Sati Diary – 2nd Month*

## *6. Mindfully Having a cup of Tea*

Be aware of each process

### 6.1 Making Tea

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your intention to make "a cup of tea". ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* add tea leaves into a cup. ***(Adding)***
- ✓ Properly understand that now you are holding the hot water kettle. ***(Holding)***
- ✓ Be mindful when pouring hot water into the cup. ***(Pouring)***
- ✓ See the colour changes as water mixes with tea- leaves. ***(Change)***
- ✓ Add sugar to your preference and stir *Slowly, Mindfully and Silently*. ***(Mixing)***
- ✓ Observe how the sugar grains get smaller as you mix it gradually. ***(Observing)***
- ✓ ……………………………………………………………………..……………..…
- ✓ ……………………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 2nd Month*

## *6. Mindfully Having a Cup of Tea*

Be aware of each process

### 6.2 Holding the Cup

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that a cup of tea is in front of you. *(**Seeing**)*
- ✓ *Slowly, Mindfully and Silently* notice each movement of your hands and fingers while holding the cup of tea. *(**Movement**)*
- ✓ Be aware of the textures to your fingers when holding the cup. *(**Hard/ Soft**, **Cool/Warm**)*
- ✓ Feel the weight of the cup when you are holding it. *(**Feeling**)*
- ✓ See steam rising from the cup. *(**Seeing**)*
- ✓ Observe the colour of the tea. *(**Observing**)*
- ✓ ……………………………………..……………………………..……….
- ✓ ………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 2nd Month*

## *6. Mindfully Having a Cup of Tea*

Be aware of each process

### 6.3 Drinking Tea

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to drink a tea. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* bring the cup toward your face.
- ✓ Notice the feelings to your face when steam comes towards your face. ***(Feeling)***
- ✓ Smell the aroma before taking the first sip. ***(Smelling)***
- ✓ Taste the first sip.
- ✓ Experience the senses as your lips touches the edge of the cup. ***(Feeling)***
- ✓ Carefully notice the taste when tea touches the tongue. ***(Tasting)***
- ✓ Notice how tea moves from mouth to stomach. ***(Movement)***
- ✓ Continue to drink *Slowly, Mindfully and Silently*. ***(Drink)***
- ✓ Enjoy rest of the drink without making any judgments about it. ***(Non-judgment)***
- ✓ ……………………………………………………………………..…………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *Sati Song - සති ගීත*

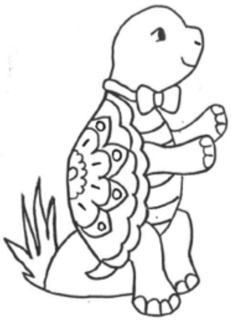
| | |
|---|---|
| Yana ena ten netha kiyanne | යන එන තැන් නැත කියන්නේ |
| Nodenama oba regena yanne | නොදැනම ඔබ රැගෙන යන්නේ |
| Divi maga obe vina karanne | දිවි මග ඔබෙ වින කරන්නේ |
| Kaurudei oba nodena inne | කවුදැයි ඔබ නොදැන ඉන්නේ |
| | |
| Sita oba langa radawagena | සිත ඔබ ළඟ රඳවාගෙන |
| Hinu heki nam sepa wana bawa | හිනු හැකි නම් සැප වන බව |
| Pahadayi sati pasala thula | පහදයි සති පාසල තුළ |
| Enna ithin oba – lathawenu kumatada // | එන්න ඉතින් ඔබ - ලතැවෙනු කුමටද// |
| | |
| Yana ena than rahasigathawa | යන එන තැන් රහසිගතව |
| Oba osawa regena gosin | ඔබ ඔසවා රැගෙන ගොසින් |
| Hera damana netha kisiwek | හැර දමනා නැත කිසිවෙක් |
| Ee oba manasaya ma putha | ඒ ඔබ මනසය මා පුත |
| Enna ithin oba – lathawenu kumatada // | එන්න ඉතින් ඔබ - ලතැවෙනු කුමටද// |
| | |
| Divi mohothak thula innata | දිවි මොහොතක් තුළ ඉන්නට |
| Piyavi sihiya nethiwa noheka | පියවි සිහිය නැතිව නොහැක |
| Satiya kiyanne eyatai | සතිය කියන්නේ එයටයි |
| Sati randawanu igena ganna | සති රඳවනු ඉගෙනගන්න |
| | |
| Sita oba langa randawagena | සිත ඔබ ළඟ රඳවාගෙන |
| Hinu heki nam sepa wana bawa | හිනු හැකි නම් සැප වන බව |
| Pahadayi sati pasala thula | පහදයි සති පාසල තුළ |
| Enna ithin oba – lathawenu kumatada // | එන්න ඉතින් ඔබ - ලතැවෙනු කුමටද// |
| | |
| *Lyrics:* | *පද රචනය/තනුව/ගායනය:-* |
| *Rev. Father Sunil Weragoda* | *සුනිල් වේරගොඩ පියතුමා* |

*Video link for the Song:*

https://youtu.be/n0X3FjxHeq8

සති පාසල
உளவிழிப்புணர்வு பாடசாலை
Sati Pasala

| | | | |
|---|---|---|---|
| | ***My Sati Diary*** <br><br> ***3rd Month*** <br> *(Tick a box once you start a task)* | | |
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 01 | Mindful Walking | |
| | 02 | Mindful Sitting | |
| | 03 | Mindfully Tooth Brushing | |
| | 04 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| | | | |
| **07** | **Mindful Washroom Activities** <br> (Be aware of the routine work) | | |
| | 7.1 | Using the Toilet | |
| | 7.2 | Opening/ Closing the Water Tap | |
| | 7.3 | Washing Hands | |
| | 7.4 | Washing Mouth | |
| | 7.5 | Washing Face | |
| **08** | **Mindful Bathing** <br> (Observe each of the minor activity) | | |
| | 8.1 | Taking a Shower | |
| | 8.2 | Washing Hair and Soaping | |
| | 8.3 | Drying the Body | |
| | *Sati Pasala Video Links:* | | |
| | Mindful showering (English) - YouTube | | |
| | නෑමේදී සතිමත් වීම / Mindful Showering - YouTube | | |
| | | | |
| ** | **Useful Sati Pasala video links for this month** | | |
| | Understanding feelings || Facilitator Training 11 - YouTube | | |
| | Wakefulness and Diligence || Facilitator Training 12 - YouTube | | |
| | Taking the mind inside || Facilitator Training 13 - YouTube | | |
| | Benefits of mindful walking || Facilitator Training 14 - YouTube | | |



**S** Slowly

**M** Mindfully

**S** Silently

# *My Sati Diary – 3rd Month*

## *7. Mindful Washroom Activities*

Be aware of the routine work

### 7.1 Using the Toilet

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to go to the toilet. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice the entire process of going toilet. ***(Body Movements, Posture, Feelings to the body** etc.)*
- ✓ Be aware of the touch when using the bidding shower/toilet papers. ***(Hard/ Soft, Cool/ Warm)***
- ✓ Be mindful of how much water you are using. ***(Using)***
- ✓ Be aware of flushing the toilet. ***(Flushing)***
- ✓ Give attention to the sounds created by you. ***(Sound)***
- ✓ Be aware of the refreshed feeling in your body. ***(Refreshing)***
- ✓ ……………………………………………………………………………………
- ✓

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# My Sati Diary – 3rd Month

## 7. Mindful Washroom Activities

Be aware of the routine work

### 7.2 Opening/Closing the Water Tap

*(This blank space is for you to draw a picture to remind you of the task)*

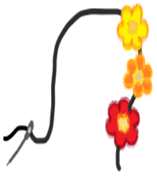
***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to turn on the water tap. *(**Intention**)*
- ✓ Notice that now you are stepping towards the washbasin. *(**Standing**)*
- ✓ *Slowly, Mindfully and Silently* notice that you are turning on the tap. *(**Turning**)*
- ✓ Be aware of the feeling when touching it. *(**Hard/Soft**, **Cold/warm**)*
- ✓ Notice the movements of your fingers and hands. *(**Movement**)*
- ✓ Understand that water is running. *(**Feeling**)*
- ✓ Be mindful of the sound of the flowing water. *(**Sound**)*
- ✓ ……………………………………………………………………..…….

(You may follow the same steps when closing the water tap as well.)

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# My Sati Diary – 3rd Month

## 7. Mindful Washroom Activities

Be aware of the routine work

### 7.3 Washing Hands

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to wash your hands. ***(Intention)***
- ✓ Notice the way you feel when your hands touch water. ***(Coldness/Warmth)***
- ✓ *Slowly, Mindfully and Silently* notice the movements of fingers when applying soap to your hands. ***(Movement)***
- ✓ Feel the senses to your palm and fingers when rubbing. ***(Feeling)***
- ✓ While washing hands, notice the changes in your feelings. ***(Change)***
- ✓ Be aware of the feeling of freshness. ***(Feeling)***
- ✓ ……………………………………………………..……………………..
- ✓ ……………………………………………………..……………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 3rd Month*

## *7. Mindful Washroom Activities*

Be aware of the routine work

## 7.4 Washing Mouth

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to wash your mouth. ***(Intention)***
- ✓ Experience the senses to your lips as you take the first sip. ***(Warmness/ Coldness)***
- ✓ *Slowly, Mindfully and Silently* pay continuous attention when filling water to your mouth. ***(Feeling)***
- ✓ Notice the sounds created by you when gargling. ***(Sound)***
- ✓ Be aware of your feelings after gargling. ***(Freshness/ Coolness)***
- ✓ Understand that you have now finished washing your mouth.
- ✓ ………………………………………………………………………….
- ✓ ………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary* – 3rd Month

## *7. Mindful Washroom Activities*

Be aware of the routine work

### 7.5 Washing Face

*(This blank space is for you to draw a picture to remind you of the task)*

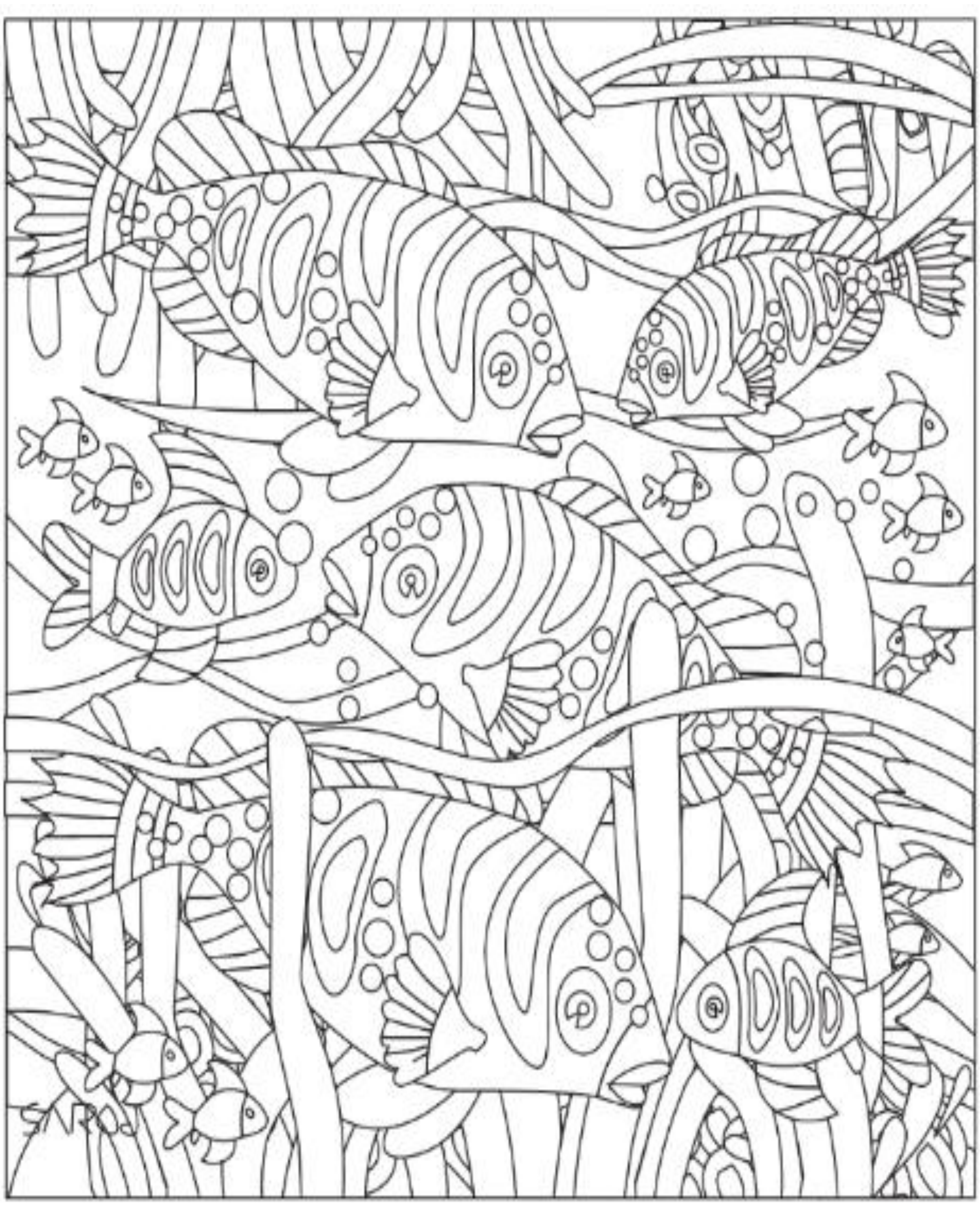
**Task checklist:** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to wash your face. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice water and hands touch your face. ***(Touching)***
- ✓ Notice the senses to your fingers and face. ***(Cold/Warm, Hardness/Softness)***
- ✓ Pay attention to the sounds created by you. ***(Sound)***
- ✓ Be aware of the movement of your hands. ***(Movement)***
- ✓ Be mindful when water dripping from your face. ***(Feeling)***
- ✓ Be aware of the fresh feeling. ***(Freshness)***
- ✓ ………………………………………………………………..……………..
- ✓ ………………………………………………………………..……………..

***Noting Practices*** *(Tick a box each time when you do the task)*

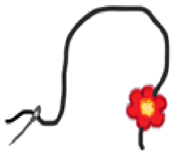
| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

Mindful Picture Coloring - 3rd Month



*Source of the image:*

https://i.pinimg.com/736x/cb/53/47/cb5347cc162eb910f1735a288f861730--ancient-egypt-culture-beautiful-owl.jpg



# *My Sati Diary – 3rd Month*

## *8. Mindful Bathing*

Observe each of the minor activity

### 8.1 Taking a Shower

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to take a bath. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* start the bathing process. ***(Bathing)***
- ✓ Notice the way water falls on to your body. ***(Feeling)***
- ✓ Be aware of the water hitting your skin and running down your body. ***(Hitting)***
- ✓ Pay attention to the sound of the water splashing around. ***(Sound)***
- ✓ Notice the sogginess of your hair. ***(Feeling)***
- ✓ Be mindful of how much water you're using.
- ✓ Come back to the present moment if your mind wanders. ***(Wandering/ "Now- I am Bathing")***
- ✓ Be aware of the change in your feelings when you are taking a shower. ***(Change)***
- ✓ ………………………………………………………………………………
- ✓ ……………………………………………..……………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 3rd Month*

## *8. Mindful Bathing*

Observe each of the minor activity

### 8.2 Washing Hair and Soaping

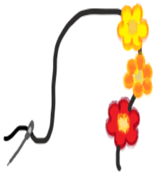
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice the intention to apply shampoo/soap. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* observe the entire process of using shampoo/soap.
- ✓ Be aware of the smell of the shampoo/soap. ***(Smell)***
- ✓ Notice the senses of touch associated with hair and your hands. ***(Touching)***
- ✓ Be mindful of the senses when your hands touch your skin while applying soap on your body and rubbing. ***(Feeling)***
- ✓ While washing, notice the changes in your feelings. ***(Change)***
- ✓ ……………………………………………………………………………………
- ✓ ……………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# *My Sati Diary – 3rd Month*

## *8. Mindful Bathing*

Observe each of the minor activity

## 8.3 Drying the Wet Body

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the intention to dry your wet body. ***(Intention)***
- ✓ Notice the feeling when your skin touches the bath towel. ***(Hard/Soft, Cool/Warm)***
- ✓ *Slowly, Mindfully and Silently* observe how you are drying your body. ***(Drying)***
- ✓ Notice the feelings when the towel touches your body. ***(Feeling)***
- ✓ Observe each movement of your hands and body while drying yourself. ***(Movement)***
- ✓ Be aware of the fresh feeling after drying yourself. ***(Change)***
- ✓ ………………………………………………………………………………
- ✓ ……………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
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| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

| **Other Useful Video links to learn more about Mindfulness – Part I** *(Tick the box once you watch it)* | | |
|---|---|---|
| **1** | Sathi Pasala ( සති පාසල 01 ) \| 2021-01-02 - YouTube | |
| **2** | Sathi Pasala ( සති පාසල 02 ) \| 2021-01-09 - YouTube | |
| **3** | Sathi Pasala ( සති පාසල 03 ) \| 2021-01-16 - YouTube | |
| **4** | Sathi Pasala ( සති පාසල 04 ) \| 2021-01-23 - YouTube | |
| **5** | Sathi Pasala ( සති පාසල 05 ) \| 2021-01-30 - YouTube | |
| **6** | Sathi Pasala ( සති පාසල 06 ) \| 2021-02-06 - YouTube | |
| **7** | Sathi Pasala ( සති පාසල 07 ) \| 2021-02-13 - YouTube | |
| **8** | Sathi Pasala ( සති පාසල 08 ) \| 2021-02-20 - YouTube | |
| **9** | Sathi Pasala ( සති පාසල 09 ) \| 2021-02-27 - YouTube | |
| **10** | Sathi Pasala ( සති පාසල 10 ) \| 2021-03-06 - YouTube | |
| **11** | Sathi Pasala ( සති පාසල 11 ) \| 2021-03-14 - YouTube | |
| **12** | Sathi Pasala ( සති පාසල 12 ) \| 2021-03-20 - YouTube | |

**Earth** **Water** **Fire** **Air** **Space**

## Five Elements of the Universe

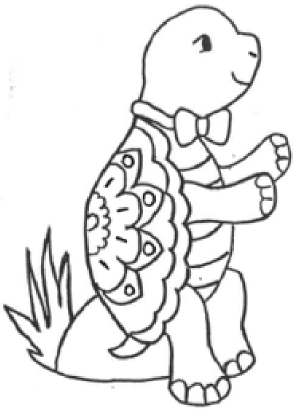
*Source of illustrations:*
https://thumbs.dreamstime.com/b/ayurvedic-elements-water-fire-air-earth-ether-icons-isolated-white-flat-colorful-vector-symbols-73636650.jpg

## *My Sati Diary*

## *4th Month*

*(Tick a box once you start a task)*

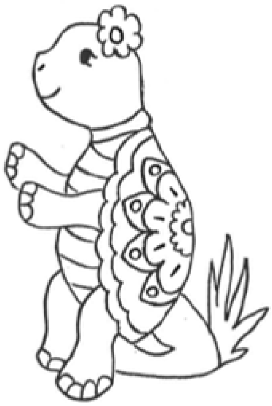
| | | | |
|---|---|---|---|
| | **Select tasks from 1st month and continue** | | |
| | 01 | Mindful Walking | |
| | 02 | Mindful Sitting | |
| | 03 | Mindfully Tooth Brushing | |
| | 04 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| **09** | **Having a Mindful Meal – (Breakfast/Lunch/Dinner/Snacks)**<br>(Going through the routine work) | | |
| | 9.1 | Observing | |
| | 9.2 | Chewing | |
| | 9.3 | Swallowing | |
| | *Sati Pasala Video Links:* | | |
| | Mindful Eating (English) - YouTube | | |
| **10** | **Mindfully Cleaning the Kitchen or a Room**<br>(Observe the change) | | |
| | 10.1 | Washing Cups or Dishes | |
| | 10.2 | Wiping Surfaces | |
| | 10.3 | Arranging the Things in a proper way | |
| | 10.4 | Sweeping | |
| | | | |
| | **Useful Sati Pasala video links for this month** | | |
| | Mindful listening \|\| Facilitator Training 10 - YouTube | | |
| | Mindful eating \|\| Facilitator Training 15 - YouTube | | |
| | Resistance arising \|\| Facilitator Training 16 - YouTube | | |
| | Acting after reflection \|\| Facilitator Training 17 - YouTube | | |

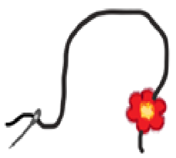


**S** Slowly

**M** Mindfully

**S** Silently





# *My Sati Diary – 4th Month*

## *9. Having a Mindful Meal*

Going through the routine work

### 9.1 Observing

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of there is food in front of you to have. ***(Seeing)***
- ✓ *Slowly, Mindfully and Silently* observe your feelings when noticing the colours and texture of it. ***(Observing)***
- ✓ Be mindful of the aroma (smell) of the food. ***(Smelling)***
- ✓ Notice that the smell will remind you of the food. ***(Reminding)***
- ✓ Be mindful of your hands when you are willing to grab the food. ***(Moving)***
- ✓ Notice your experience when touching it. ***(Soft/Hard*****,** ***Warm/Cold)***
- ✓ Feel your hunger and your mouth is watering. ***(Feeling)***
- ✓ ……………………………………………………………………………...……
- ✓ ……………………………………………………………………………....…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 4th Month*

## *9. Having a Mindful Meal*

Going through the routine work

## 9.2 Chewing

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Mindfully bring the food towards your mouth. (***Moving***)
- ✓ Observe the way your mouth opens without any intention. ***(Observing)***
- ✓ First take a small bite and carefully taste it. *(**Tasting**)*
- ✓ Notice the taste spreading around your mouth. (***Observing***)
- ✓ *Slowly, Mindfully and Silently* chew the food well and feel the taste dancing and blending in your mouth. ***(Observing)***
- ✓ Notice the way taste changes in your mouth. *(**Change**)*
- ✓ ……………………………………………………………………………..
- ✓ ……………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
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| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 4th Month*

## *9. Having a Mindful Meal*

Going through the routine work

### 9.3 Swallowing

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that now you are ready to swallow the first bite of food. ***(Swallowing)***
- ✓ Before picking the next bite, feel the building up desire to pick up the second bite of food. ***(Feeling)***
- ✓ Experience how unintentionally first bite leads to the next. ***(Observing)***
- ✓ Continue to enjoy your meal *Slowly, Mindfully and Silently* continue to enjoy your meal. (***Eating***)
- ✓ Notice that all food items are gradually disappearing as you swallow them. ***(Disappearing)***
- ✓ Notice that you may only eat till the hunger is satisfied. ***(Satisfied)***
- ✓ ………………………………………………………………………………
- ✓ ………………………………………………………………………..…..

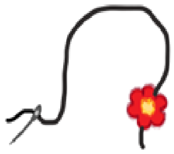
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

Mindful Picture Colouring - 4th Month

*Source of the image:*

https://www.activityvillage.co.uk/sites/default/files/styles/medium/public/images/autumn_doodle_colouring_page_460.jpg?itok=eCj3_MxP



# *My Sati Diary – 4th Month*

## *10. Mindfully Cleaning the Kitchen or a Room*

Observe the change

### 10.1 Washing Cups or Dishes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that there are cups/dishes to be washed. ***(Seeing)***
- ✓ Be aware of the arising intention to wash them. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* observe the entire process of washing the cups/dishes in the Sink. ***(Observing)***
- ✓ Pay attention to the movements of your fingers and hands. ***(Movement)***
- ✓ Be mindful when you are using the dishwashing liquid and water.
- ✓ Understand the texture to your fingers. ***(Hardness/Softness*, *Cold/Warm)***
- ✓ Be aware of the pleasant feeling when admiring the cleaned cups and dishes. ***(Feeling)***
- ✓ Notice that the task of washing the cups/dishes is now finished. ***(Change)***
- ✓ ……………………………………………………………………………………
- ✓ ……………………………………………………………………………..…….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
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| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 4th Month*

## *10. Mindfully Cleaning the Kitchen or a Room*

Observe the change

### 10.2 Wiping Surfaces

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the place is untidy. ***(Observing)***
- ✓ Feel the need to clean the surfaces. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* wipe the place by giving enough attention to the surroundings. ***(Wiping)***
- ✓ Notice the feeling while touching the items with your hand. ***(Hardness/ Softness, Coolness/ Warmth)***
- ✓ Notice whether you can hear a sound arising when a surface is being wiped. ***(Sound)***
- ✓ Be aware of the pleasant feelings after wiping the surfaces. ***(Feeling)***
- ✓ ………………………………………………………………………………
- ✓ ……………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
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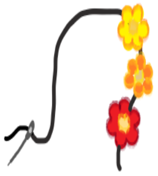


# *My Sati Diary – 4th Month*

## *10. Mindfully Cleaning the Kitchen or a Room*

Observe the change

### 10.3 Arranging the Things in a proper way

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that the room is untidy. ***(Observing)***
- ✓ Feel the need to clean the room. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* arrange the items in their proper places. ***(Arranging)***
- ✓ Be aware of the feelings while touching the items with your hand. ***(Hard/Soft, Cold/ Warm)***
- ✓ While arranging the items, be mindful about the movements of your fingers and hands. ***(Movement)***
- ✓ Have a specific place for each item.
- ✓ Be aware of the refreshed feeling after arranging the items properly. ***(Change)***
- ✓ ……………………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# My Sati Diary – 4th Month

## 10. Mindfully Cleaning the Kitchen or Room

Observe the change

### 10.4 Sweeping

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that sweeping is required. ***(Intention)***
- ✓ Be aware that you are now holding a broom. ***(Holding)***
- ✓ Notice the feelings while holding the broom with your hand. (***Hard/Soft***, ***Cold/Warm***)
- ✓ *Slowly, Mindfully and Silently* sweep the floor. (***Sweeping***)
- ✓ Pay attention to the movements of the hands while holding the broom stick. ***(Moving)***
- ✓ See that dust is being collected off the floor when sweeping. ***(Collecting)***
- ✓ Observe the way the surrounding environment is slowly changing. ***(Change)***
- ✓ Notice that the task of sweeping is now over. ***(Feeling)***
- ✓ ………………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

## *Sati Song - සති ගීත*

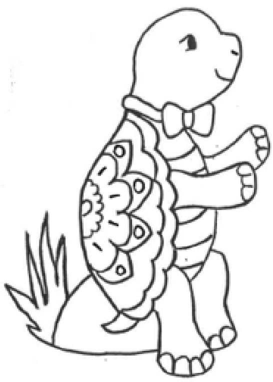
| | |
|---|---|
| Hela daru kela visu purathane<br>Yali ipadee me bime<br>Arahath daja daramine<br>Newathath sati peramune………….. | හෙළ දරු කැළ විසු පුරාතනේ<br>යලි ඉපදී මේ බිමේ<br>අරහත් ධජ දරමිනේ<br>නැවතත් සති පෙරමුණේ …….. |
| Kohi giyeda daruwani numba<br>Methuwak api welapune…………….. | කොහි ගියේද දරුවනි නුඹ<br>මෙතුවක් අපි වැළපුණේ …… |
| Parasirithata nonemunu<br>Hela daru kela gela sidalune<br>Gelu lee vila matha diyawee<br>Sati mawatha welahune……………. | පර සිරිතට නොනැමුණු<br>හෙළ දරු කැළ ගෙල සිඳලුණේ<br>ගැලූ ලේ විල මත දිය වී<br>සති මාවත වැලහුණේ ……… |
| Kohi giyeda daruwani numba<br>Methuwak api welapune…………….. | කොහි ගියේද දරුවනි නුඹ<br>මෙතුවක් අපි වැළපුණේ …… |
| Dhaham beraya hendawena wita<br>Yali pibidee pin bime<br>Apata wada dura yana waga<br>Seka nee beluwama pene…………. | දහම් බෙරය හැඬවෙන විට<br>යළි පිබිදී පින් බිමේ<br>අපට වඩා දුර යන වග<br>සැක නෑ බැලුවම පෙනේ………. |
| Satiyen mulu lowa dinumata<br>Numbata hekiya heta dinee……………. | සතියෙන් මුළු ලොව දිනුමට<br>නුඹට හැකිය හෙට දිනේ |
| *Lyrics:*<br>*Mrs. Rajika Agampodi – Australia* | *පද රචනය:*<br>*රාජිකා අගම්පොඩි මිය - ඔස්ට්‍රේලියාව* |

*Video link for the Song:*

https://www.youtube.com/watch?v=xQwDt_ftPHA

සති පාසල
உளவிழிப்புணர்வு பாடசாலை
Sati Pasala

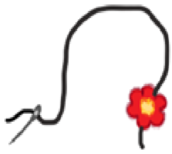
| | | | |
|---|---|---|---|
| | ***My Sati Diary***<br><br>***5th Month***<br>*(Tick a box once you start a task)* | | |
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| | | | |
| **11** | **Mindfully Arranging Clothes**<br>(Being involved in the routine work) | | |
| | 11.1 | Washing Clothes | |
| | 11.2 | Hanging Clothes | |
| | 11.3 | Selecting Clothes from the Wardrobe | |
| | 11.4 | Ironing Clothes | |
| **12** | **Mindful Dressing**<br>(Notice the Change) | | |
| | 12.1 | Changing Clothes | |
| | 12.2 | Looking in the Mirror | |
| | 12.3 | Hair Dressing | |
| | | | |
| | **Useful Sati Pasala video links for this month** | | |
| | | Strengthening the mind \| \| Facilitator Training 18 - YouTube | |
| | | Clear comprehension \| \| Facilitator Training 19 - YouTube | |
| | | Mindfulness in your life \| \| Facilitator Training 20 - YouTube | |
| | | SLBC AUDIO TO VIDEO FOR EDUCATION 21 - YouTube | |



**S** Slowly

**M** Mindfully

**S** Silently



# *My Sati Diary – 5th Month*

## *11. Mindfully Arranging Clothes*

*Being involved in the routine work*

### 11.1 Washing Clothes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that there are clothes to be washed. ***(Observing)***
- ✓ Be aware of the arising intention to wash them. ***(Intention)***
- ✓ Pay attention when putting laundry powder into the water basin. ***(Seeing)***
- ✓ Observe carefully when you mix laundry powder with water. ***(Observing)***
- ✓ Notice that you have put the clothes into the basin. ***(Putting)***
- ✓ Be aware of the senses as soon as your hands go in the soapy water. ***(Feeling)***
- ✓ *Slowly, Mindfully and Silently* notice the entire process of washing the clothes. ***(Washing)***
- ✓ Pay attention to the sounds created by this process. ***(Sound)***
- ✓ Be aware of the movements of your fingers, hands and body while washing. ***(Movement)***
- ✓ Make sure that all clothes are thoroughly cleaned. ***(Change)***
- ✓ ………………………………………………………………………………
- ✓ ………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 5th Month*

## *11. Mindfully Arranging Clothes*

Being involved in the routine work

### 11.2 Hanging Clothes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that you check the washing line before putting the clothes on it. ***(Checking)***
- ✓ Be aware of the way your hands feel while touching the wet clothes. ***(Feeling)***
- ✓ Observe how you are wringing the wet clothes several times to release the excess water. ***(Observing)***
- ✓ Notice your finger, hand, and body movements when you shake the cloths. ***(Movement)***
- ✓ Pay attention to the sounds created by you. ***(Sound)***
- ✓ *Slowly, Mindfully and Silently* hang the clothes on the washing line. ***(Observing)***
- ✓ Notice the satisfaction from a job well done. ***(Feeling)***
- ✓ ……………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 5th Month*

## *11. Mindfully arranging Clothes*

*Being involved in the routine work*

### 11.3 Selecting Clothes from the Wardrobe

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Feel the arising intention to select clothes from the wardrobe. ***(Intention)***
- ✓ Observe that you are now opening the door of the wardrobe. ***(Opening)***
- ✓ Notice the way clothes are hung and kept in the wardrobe. ***(Forms)***
- ✓ *Slowly, Mindfully and Silently* choose clothes from them. ***(Choosing)***
- ✓ Be aware of your thoughts when you are choosing one. ***(Thinking)***
- ✓ Observe whether you have kept the other clothes in a proper manner before closing the door. ***(Observing)***
- ✓ Be mindful of closing the door of the wardrobe. ***(Closing)***
- ✓ ……………………………………………………………………………..………
- ✓ ……………………………………………………………………...……..…….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 5th Month*

## *11. Mindfully arranging Clothes*

Being involved in the routine work

### 11.4 Ironing Clothes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice the arising intention to iron your clothes. ***(Intention)***
- ✓ Be mindful to select the temperature that suits your clothes before switching on the iron. ***(Checking)***
- ✓ Carefully switch on the iron. ***(Switch on)***
- ✓ *Slowly, Mindfully and Silently* observe the entire process of ironing the clothes. ***(Observing)***
- ✓ Be aware of how the way clothes are pressed while ironing them. ***(Change)***
- ✓ Notice your feelings when the job is over. ***(Feeling)***
- ✓ Be mindful enough to switch off the iron before you leave. ***(Switch off)***
- ✓ ……………………………………………………………………………………
- ✓ ……………………………………………………………………………...…..

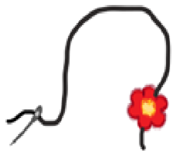
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Colouring - 5th Month

*Source of the image:*

http://getdrawings.com/colorings/mindfulness-coloring-pages-24.jpg



# *My Sati Diary* – *5th Month*

## *12. Mindful Dressing*

Notice the Change

### 12.1 Changing Clothes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your intention to change your dress. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice you are now changing your clothes. ***(Changing)***
- ✓ Be aware of the way your body feels when clothes touch your skin. ***(Hard/Soft, Warm/Cold)***
- ✓ Be mindful when you are putting the clothes on.
- ✓ Observe your body movements during every step. ***(Movement)***
- ✓ Notice that now you have changed your clothes. ***(Change)***
- ✓ ………………………………………………………………………..…
- ✓ ………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 5th Month*

## *12. Mindful Dressing*

Notice the Change

## 12.2 Looking in the Mirror

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to check yourself in the mirror. ***(Intention)***
- ✓ Notice that now you are standing in front of the mirror. ***(Standing)***
- ✓ *Slowly, Mindfully and Silently* notice you are looking at yourself in the mirror. ***(Looking)***
- ✓ Be aware of your feelings and emotions when you are looking at yourself. ***(Feelings)***
- ✓ If your mind warders, pay attention to it and come back again to the present moment. ***(Wandering)***
- ✓ Be aware of the reason you came to the mirror in the first place and do that task mindfully.
- ✓ ……………………………………………………………………………..
- ✓ …………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 5th Month*

## *12. Mindful Dressing*

Notice the Change

### 12.3 Hair Dressing

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to dress your hair. ***(Intention)***
- ✓ Be mindful to hold the comb properly. *(**Holding**)*
- ✓ Notice how your fingers feel while you are holding the comb. *(**Hard/Soft**, **Cool/Warm**)*
- ✓ *Slowly, Mindfully and Silently* comb your hair by taking your time. *(**Combing**)*
- ✓ Observe the movements of your hands while combing your hair. *(**Movements**)*
- ✓ Notice the feeling to the hair and scalp when combing. *(**Feeling**)*
- ✓ Observe your new hair style after combing. *(**Change**)*
- ✓ Don’t focus on any other thoughts that appear, just let them pass and come back to the present moment. (***Non- judgment***, “***Now – I am – Combing***”)
- ✓ ………………………………………………………………………..…..
- ✓ ………………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

| **Other Useful video links to learn more about Mindfulness – Part II** *(Tick the box once you watch it)* | | |
|---|---|---|
| **13** | Sathi Pasala ( සති පාසල 13 ) \| 2021-03-27 - YouTube | |
| **14** | Sathi Pasala ( සති පාසල 14 ) \| 2021-04-03 - YouTube | |
| **15** | Sathi Pasala ( සති පාසල 15 ) \| 2021-04-10 - YouTube | |
| **16** | Sathi Pasala ( සති පාසල 16 ) \| 2021-04-17 - YouTube | |
| **17** | Sathi Pasala ( සති පාසල 17 ) \| 2021-04-24 - YouTube | |
| **18** | Sathi Pasala ( සති පාසල 18 ) \| 2021-05-01 - YouTube | |
| **19** | Sathi Pasala ( සති පාසල 19 ) \| 2021-05-08 - YouTube | |
| **20** | Sathi Pasala ( සති පාසල 20 ) \| 2021-05-15 - YouTube | |
| **21** | Sathi Pasala ( සති පාසල 21 ) \| 2021-05-22 - YouTube | |
| **22** | Sathi Pasala ( සති පාසල 22 ) \| 2021-05-29 - YouTube | |
| **23** | Sathi Pasala ( සති පාසල 23 ) \| 2021-06-05 - YouTube | |
| **24** | Sathi Pasala ( සති පාසල 24 ) \| 2021-06-12 - YouTube | |

**Desire** **Anger** **Sloth and Torpor** **Restlessness and worry** **Doubt**

## Five Hindrances

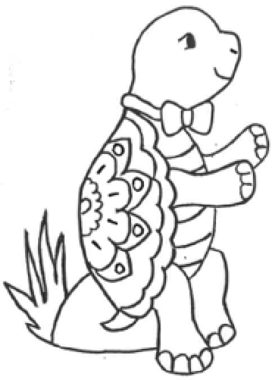
*Note: images were extracted from the internet*

## *My Sati Diary*

## *6th Month*

*(Tick a box once you start a task)*

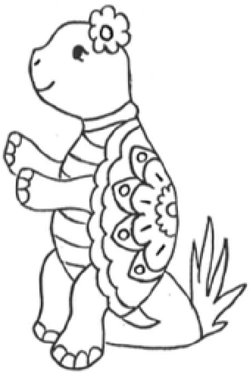
| | | | |
|---|---|---|---|
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| 11,12 | **Select tasks from 5th month and continue** | | |
| **13** | **Mindfully Leaving Home**<br>(Pay attention even at the busiest times) | | |
| | 13.1 | Wearing Shoes | |
| | 13.2 | Closing the Gate | |
| | 13.3 | Walking | |
| **14** | **Mindfully Travelling (in a Vehicle)**<br>(Getting a new awareness) | | |
| | 14.1 | On your way to catch the Vehicle | |
| | 14.2 | Waiting for the Vehicle | |
| | 14.3 | While you are inside the Vehicle | |
| | 14.4 | Getting down | |
| | | | |
| ** | **Useful Sati Pasala video links for this month** | | |
| | https://www.satipasala.org/sati-pasela-video/#walking | | |
| | https://www.satipasala.org/sati-pasela-video/#sitting | | |
| | https://www.satipasala.org/mindful-games/ | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 22 - YouTube | | |

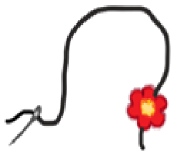


**S** Slowly

**M** Mindfully

**S** Silently





# *My Sati Diary – 6th Month*

## *13. Mindfully Leaving Home*

Pay attention even at the busiest times

### 13.1 Wearing Shoes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to wear your Shoes. ***(Intention)***
- ✓ Be mindful enough to select the preferable pair. ***(Collecting)***
- ✓ Notice that you are now sitting in a comfortable position. ***(Sitting)***
- ✓ Feel the way your hands and feet feel when putting sock on your foot. ***(Hard/Soft, Cool/Warm)***
- ✓ *Slowly, Mindfully and Silently* put your foot in the correct shoe. ***(Putting)***
- ✓ Be conscious about each movement of your hands, legs, and body when you are wearing the shoes. ***(Movement)***
- ✓ Notice the difference in feelings before and after wearing the shoes. ***(Change)***
- ✓ ………………………………………………………………………………
- ✓ ……………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 6th month*

## *13. Mindfully Leaving Home*

Pay attention even at the busiest times

### 13.2 Closing the Gate

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that now you are standing next to the gate. ***(Standing)***
- ✓ Be aware of the intention to close it. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* close the gate and lock it. ***(Closing)***
- ✓ Be aware of the way you feel while touching the key/lock with your hands. ***(Hard/Soft, Cold/Warm)***
- ✓ Be aware of the movement of the hand while closing the gate. ***(Movement)***
- ✓ You may experience the noise arising when closing it. ***(Sound)***
- ✓ Make sure that you have closed the gate properly before leaving. (**Closed**)
- ✓ ……………………………………………………………………………………
- ✓ ……………………………………………………………………………..…….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 6th Month*

## *13. Mindfully Leaving Home*

Pay attention even at the busiest times

### 13.3 Walking

*(This blank space is for you to draw a picture to remind you of the task)*

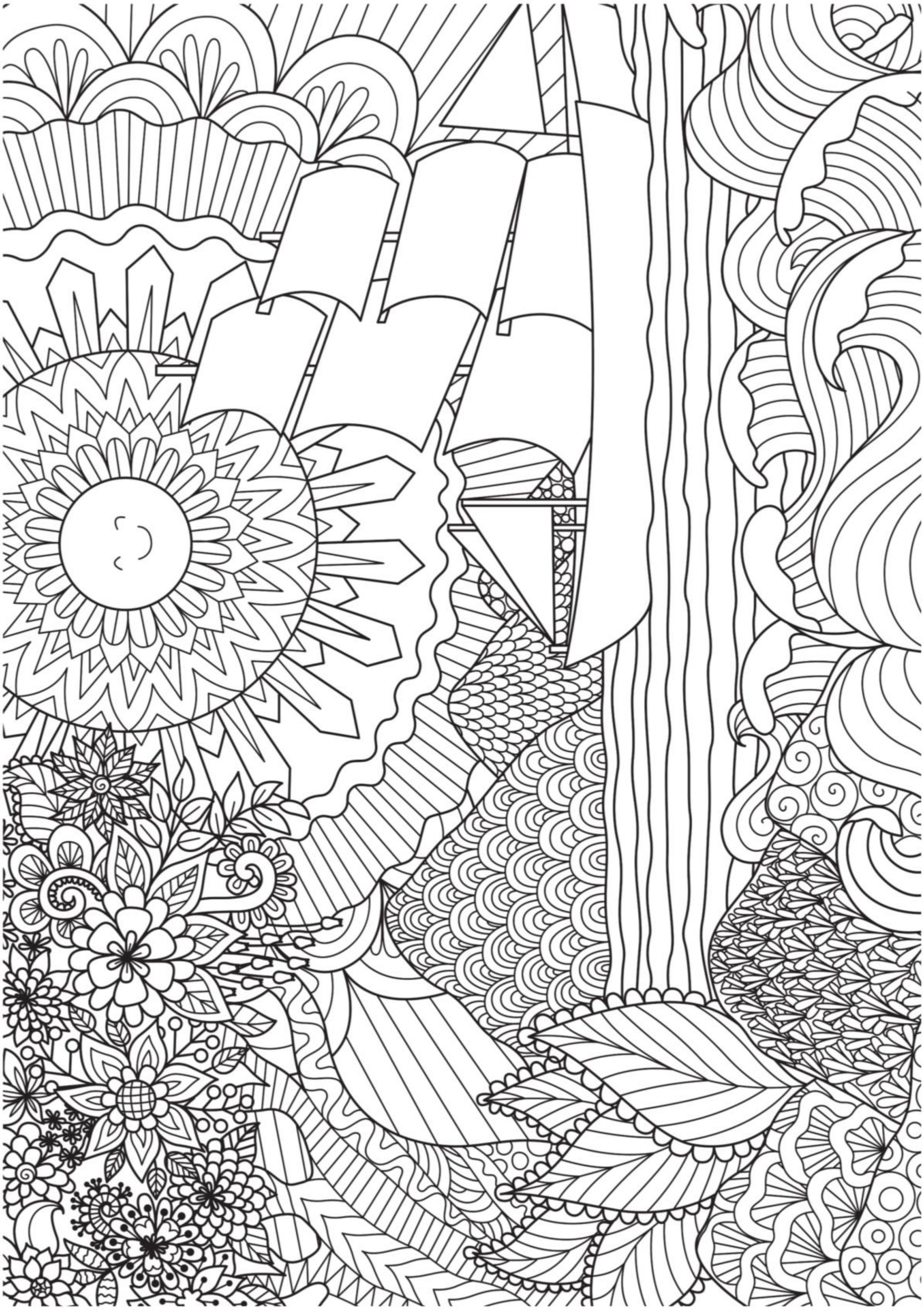
***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware about that you are now ready to leave your home. ***(Leaving)***
- ✓ *Slowly, Mindfully and Silently* take the first step before starting your walk. ***(Putting the first foot)***
- ✓ Pay your attention to your feet while you are walking. (**Walking**)
- ✓ Be aware of the motions of your feet and legs as you walk along the street.
- ✓ Pay attention to the movements of your feet when you are walking. ***(Moving)***
- ✓ If you increase your speed, notice it as a quick walk. ***(Observing)***
- ✓ …………………………………………………………………………..……
- ✓ …………………………………………………………………..……..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

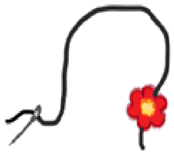
| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Colouring - 6th Month



*Source of the image:*

https://n6-img-fp.akamaized.net/free-vector/maritim-landscape-background_1411-201.jpg?size=338&ext=jpg



# *My Sati Diary – 6th Month*

## *14. Mindfully Travelling in a Vehicle*

Getting a new awareness

### 14.1 On your way to catch the Vehicle

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ *Slowly, Mindfully and Silently* give your attention to the quick walk, and the body movements. ***(Quick Walk/ Moving)***
- ✓ Be aware about the present environment while you are passing by them. *(**Sound**, **Lightness/Darkness**, **Coldness/ Warmness**, **Weather**, **Passing people and vehicles**, **Moving trees** etc.)*
- ✓ Don't do any judgments based on your past experience, just observe them as new things. ***(Non-judgment)***
- ✓ Continuously observe the senses to your body while you are walking *(Warmness, Panting, Paining etc.).* ***(Feelings)***
- ✓ Understand the changes in your body when you are doing a quick walk. ***(Change)***
- ✓ If your mind wanders off somewhere, take it back to the present walking moment. *(“**Now –I am – walking**”)*
- ✓ …………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 6th Month*

## *14. Mindfully Travelling in a Vehicle*

Getting a new awareness

### 14.2 Waiting for the Vehicle

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ *Slowly, Mindfully and Silently* ensure that you are standing, not walking anymore. *(**Standing**)*
- ✓ Be aware of the present environment while you are standing. *(**Sound**, **Lightness/Darkness**, **Coldness/ Warmness**, **Weather**, **People**, **Vehicles** etc.)*
- ✓ Notice your tension when the vehicle is getting delayed. *(**Feeling**)*
- ✓ Mindfully take a few berths and calm your mind. *(**Breathing**)*
- ✓ Continuously pay your attention to the present moment and stay calm until the vehicle arrives. *(**Waiting**)*
- ✓ Observe the changes in your body and mind when the vehicle is coming towards you. *(**Change**)*
- ✓ Pay your attention to the first foot going inside the vehicle. *(**Stepping**)*

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 6th Month*

## *14. Mindfully Travelling in a Vehicle*

Getting a new awareness

### 14.3 While you are inside the Vehicle

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Observe the environment as a whole and understand that now you are inside the vehicle. ***(Present moment)***
- ✓ Be aware that the vehicle is moving and observe your body senses. ***(Sensation)***
- ✓ Take a few mindful breaths and notice that now you are feeling relax. ***(Breathing)***
- ✓ Don't judge when you see the things through the window based on your past experience, just observe them. ***(Observing)***
- ✓ When the vehicle stop at the traffic lights, consider it to be an opportunity to remind the mindfulness instead of getting stressed.
- ✓ While you are there, *Slowly, Mindfully and Silently* practice to stay at the present moment. *("**Now – I am – Here**")*
- ✓ …………………………………………………………………………..….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 6th Month*

## *14. Mindfully Travelling in a Vehicle*

Getting a new awareness

### 14.4 Getting down

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that the vehicle has reached your destination.
- ✓ Notice your intention to get off. ***(Intention)***
- ✓ Observe your body movement when you are preparing to get off. ***(Movements)***
- ✓ Be mindful enough to take all your belongings with you.
- ✓ Notice the way your hand feels when you are grabbing your belongings. (***Hard/Soft***, ***Cool/Warm***)
- ✓ *Slowly, Mindfully and Silently* be aware of about all your steps towards the door of the vehicle. ***(Walking)***
- ✓ Notice that you are putting your first step when getting off the vehicle. ***(Getting off)***
- ✓ ……………………………………………………………………..…………
- ✓ ……………………………………………………………………..……..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *Sati Song - සති ගීත*

| | |
|---|---|
| Sitha pena pena yanawa | සිත පැන පැන යනවා |
| Norenda methana divigewana thena | නොරැඳ මෙතැන දිවිගෙවනා තැන |
| Sitha pena pena yanawa | සිත පැන පැන යනවා |
| Sathiya soyayi sitha sathiya dakiyi sitha | සතිය සොයයි සිත සතිය දකියි සිත |
| Kendagena enawa | කැන්දාගෙන එනවා |
| Me mohothata sitha kendan enawa | මේ මොහොතට සිත කැන්දන් එනවා |
| Kendan enawa | කැන්දන් එනවා |
| | |
| Noena athithaye kimida kimida sitha | නොඑන අතීතයෙ කිමිද කිමිද සිත |
| Eyamai paaranne | එයමයි පාරන්නේ |
| Nopenena heta gena mewum mawana sitha | නොපෙනෙන හෙට ගැන මැවුම් මවන සිත |
| Sanka purawanne | සංකා පුරවන්නේ |
| | |
| Sitha pena pena yanawa…… | සිත පැන පැන යනවා... |
| | |
| Adisiwa dura yana henguman upadana | අදිසිව දුර යන හැඟුමන් උපදන |
| Mayakaru wanne | මායාකරු වන්නේ |
| Satiya numbayi ee vismitha masithata | සතිය නුඹයි ඒ විස්මිත මසිතට |
| Mura deviyan wanne | මුර දෙවියන් වන්නේ |
| | |
| Sitha pena pena yanawa// | සිත පැන පැන යනවා// |
| | |
| Sitha pena pena yanawa sitha kendan enawa// | සිත පැන පැන යනවා සිත කැන්දන් එනවා// |
| | |
| *Lyrics:* | *පද රචනය:-* |
| *Consultant Doctor Kumari Galboda* | *විශේෂඥ වෛද්‍ය කුමාරි ගල්බොඩ* |

*Video link for the Song:*

https://www.youtube.com/watch?v=MxvLcNkDjHw

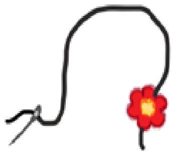
සති පාසල
உளவிழிப்புணர்வு பாடசாலை
Sati Pasala

# *My Sati Diary*

# *7th Month*

*(Tick a box once you start a task)*

| Tasks | | | ✓ |
|---|---|---|---|
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| 11,12 | **Select tasks from 5th month and continue** | | |
| 13,14 | **Select tasks from 6th month and continue** | | |
| | | | |
| **15** | **Mindful Waking up in the Morning** (Notice the first mindful moment) | | |
| | 15.1 | Listening to the Alarm | |
| | 15.2 | Opening the Eyes | |
| | 15.3 | Checking the Time | |
| | 15.4 | First mindful Breath of the Day | |
| | 15.5 | Rising from the Bed | |
| | 15.6 | Making the Bed | |
| | 15.7 | Welcome for a Fresh Day | |
| | | | |
| **16** | **Mindfully Arriving at a New Destination** (Becoming mindful in different places) | | |
| | 16.1 | Becoming Mindful with Open Environment | |
| | 16.2 | Taking the Stairs | |
| | 16.3 | Using an Elevator | |
| | 16.4 | Reaching your Desk | |
| | 16.5 | Sitting on your Chair | |
| | 16.6 | Opening a Water Bottle | |
| | | | |
| | **Useful Sati Pasala video links for this month** | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 26 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 27 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 28 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 29 - YouTube | | |



# *My Sati Diary – 7th Month*

## *15. Mindful Waking up in the Morning*

Notice the first mindful moment

### 15.1 Listening to the Alarm

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ *Slowly, Mindfully and Silently* listen to the alarm sound. ***(Sound)***
- ✓ Be aware of the rhythm of the sound. ***(Sound increasing/decreasing)***
- ✓ Notice that you are pressing the button to switch off the alarm. ***(Switching-off)***
- ✓ Be aware of the feelings of your fingers when touching the button. (***Hard/Soft***, ***Cold/Warm)***
- ✓ Notice that the sound has now stopped. ***(Change)***
- ✓ ……………………………………..………………………………
- ✓ ……………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# My Sati Diary – 7th Month

## 15. Mindful Waking up in the Morning

Notice the first mindful moment

### 15.2 Opening the Eyes

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that your eyes are closed now. ***(Closed)***
- ✓ Notice your intention to open your eyes. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* be aware of the whole process of opening the eyes. ***(Opening)***
- ✓ Notice that your eyes are now opened. ***(Opened)***
- ✓ ……………………………………………………………………………………
- ✓ ……………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 7th Month*

## *15. Mindful Waking up in the Morning*

Notice the first mindful moment

### 15.3 Checking the Time

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:****(Make a mental note of each act accordingly)*

- ✓ Notice the intention to check the time. *(**Intention**)*
- ✓ Be aware that now you are looking at a clock. *(**Shape**/ **Colour** of the Clock and Clock hands)*
- ✓ *Slowly, Mindfully and Silently* check the time. *(**Checking**)*
- ✓ Remember that now you have checked the time.
- ✓ ………………………………………………………………………………
- ✓ ………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary -7th Month*

## *15. Mindful Waking up in the Morning*

Notice the first mindful moment

### 15.4 First mindful Breath of the Day

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of the posture that now you are in. ***(Laying down** on a bed)*
- ✓ From your mind scan the body, Slowly, Mindfully and Silently. ***(Scanning)***
- ✓ Pay your full attention to the body.
- ✓ Be aware of the breath-in and breath-out. ***(Inhaling**, **Exhaling)***
- ✓ *Slowly, Mindfully and Silently* take a few breaths. ***(Inhaling**, **Exhaling)***
- ✓ ………………………………………………………………………….
- ✓ ………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 7th Month*

## *15. Mindful Waking up in the Morning*

Notice the first mindful moment

### 15.5 Rising from the Bed

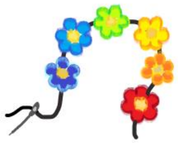
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:****(Make a mental note of each act accordingly)*

- ✓ Be mindful of the intention to rise from the bed. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice the movements of your hands, legs and body when you are getting up from the bed. ***(Movement)***
- ✓ Notice how you get different feelings in different postures. ***(Lying down***, ***Sitting***, *and* ***Standing****)*
- ✓ Be aware that your feet are now touching the floor. ***(Touching)***
- ✓ Understand the senses when your feet touch the floor. ***(Hard/Soft***, ***Cold/warm)***
- ✓ Be aware of the pressure to your feet after you have stood up. ***(Feeling)***
- ✓ ………………………………………………………………………………………..
- ✓ ……………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# *My Sati Diary – 7th Month*

## *15. Mindful Waking up in the Morning*

Notice the first mindful moment

### 15.6 Making the Bed

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:****(Make a mental note of each act accordingly)*

- ✓ Be mindful of the intention to make the bed. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice each movement of your hands and body while arranging the mosquito net, pillow and the bed sheets. ***(Movement)***
- ✓ Be aware of the textures your hands feel while making the bed. ***(Hard/ Soft, Cold/Warm)***
- ✓ After making the bed, be aware of the refreshed feeling about the change. ***(Feeling)***
- ✓ Be aware of the changes that happened. ***(Change)***
- ✓ …………………………………………………………………….
- ✓ ……………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 7th Month*

## *15. Mindful Waking up in the Morning*

Notice the first mindful moment

### 15.7 Welcome a Fresh Day

*(This blank space is for you to draw a picture to remind you of the task)*

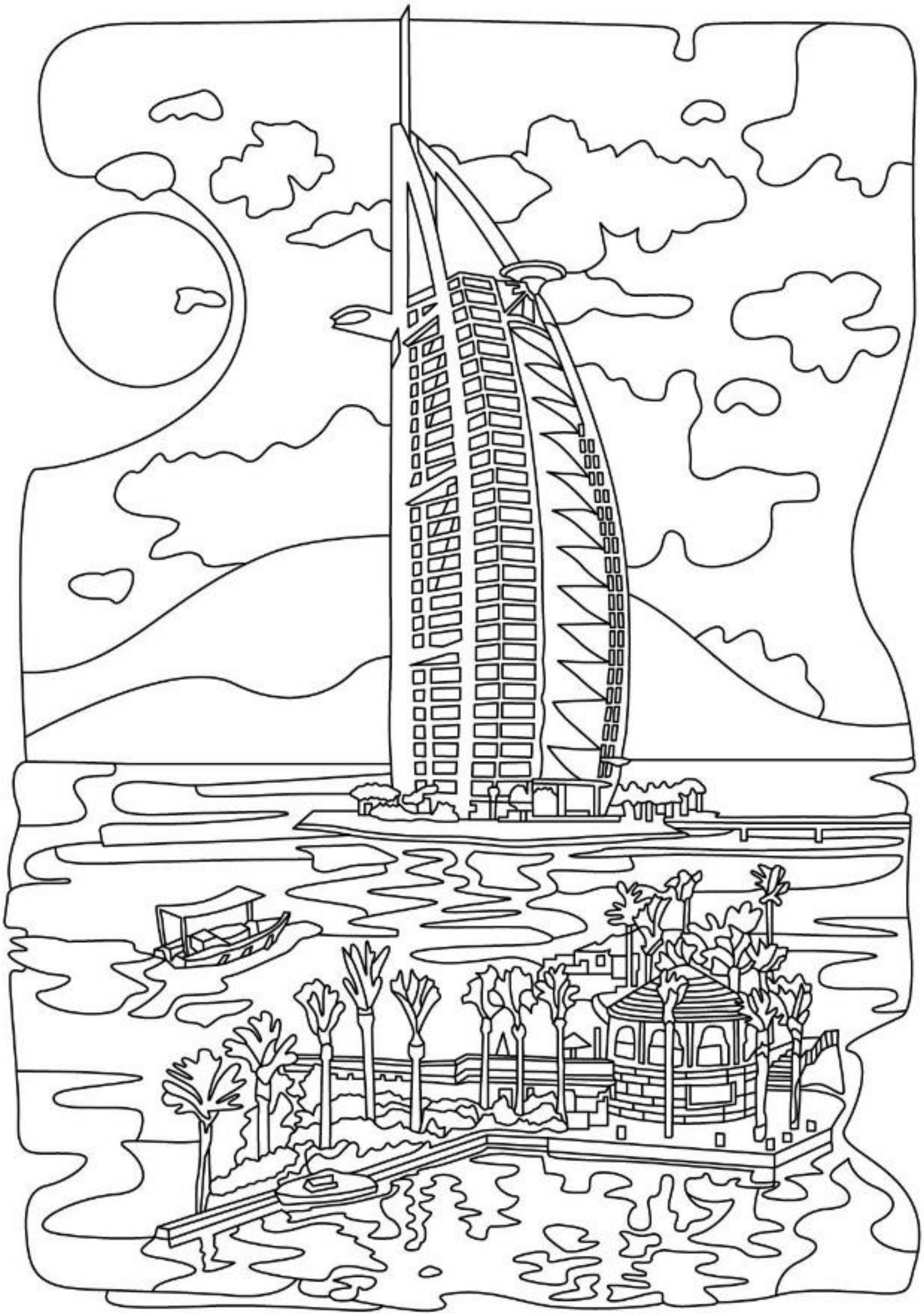
***Task checklist:****(Make a mental note of each act accordingly)*

- ✓ *Slowly, Mindfully and Silently* be aware of the environment. ***(Sounds**, **Brightness/Darkness**, **Weather** etc.)*
- ✓ Notice the way you feel when the coolness or warmth passing over your skin. ***(Sense)***
- ✓ Smile and welcome a fresh day.
  *(Accept it without regretting or without trying to make it different)*
- ✓ Be aware of the pleasant feeling in the mind. ***(Feeling)***
- ✓ …………………………………………………………………………………
- ✓ …………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Coloring - 7th Month



*Source of the image:*

https://i.pinimg.com/originals/92/0f/08/920f0832d96bb9aadc219d40bf46271a.jpg

# *My Sati Diary – 7th Month*

## *16. Mindfully Arriving at a New Destination*

Becoming mindful in different places

### 16.1 Mindful with Open Environment

*(This blank space is for you to draw a picture to remind you of the task)*

**Task checklist:** *(Make a mental note of each act accordingly)*

- ✓ Be aware that you have now arrived at another destination. *(“**Now-I am-Here**”)*
- ✓ *Slowly, Mindfully and Silently* pay your attention to what is happening around you. *(**Sound**, **Light/Darkness**, **Cold/ Warmness**, **Wind**, **Walking people**, **Moving trees**, **Passing vehicles**)*
- ✓ Give space for whatever is happening without making any judgements. *(**Non-Judgment**)*
- ✓ Notice the senses of the coolness/ warmth passing over your skin. *(**Feeling**)*
- ✓ Be mindful of this pleasant feeling. *(**Pleasant**)*
- ✓ ……………………………………………………………………….
- ✓ ……………………………………………………………….…..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 7th Month*

## *16. Mindfully Arriving at a New Destination*

Becoming mindful in different places

### 16.2 Taking the Stairs

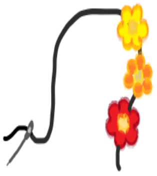
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that you are now standing near the Staircase. ***(Standing)***
- ✓ Notice your intention to climb up/ (down) the Stairs. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* pay your attention to the movement of the feet when climbing up/ (down) the stairs. ***(Moving)***
- ✓ Notice lifting, forwarding and placing of the foot in each step. ***(Observing)***
- ✓ Make a note in your mind about each of the feeling you get while climbing up/ (down) the stairs. ***(Feeling)***
- ✓ Be aware that you are now done with the task. ***(Change)***
- ✓ ……………………………………………………………………………….
- ✓ ……………………………………………………………………….…..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# *My Sati Diary – 7th Month*

## *16. Mindfully Arriving at a New Destination*

Becoming mindful in different places

### 16.3 Using an Elevator

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that you are waiting for the Elevator to arrive. ***(Standing)***
- ✓ Be aware that you are now going to step on to the elevator. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* pay attention to the first step you are keeping on to the Lift. ***(Observation)***
- ✓ Feel the pressure on your fingers as you pressing the buttons. ***(Feeling)***
- ✓ Be mindful that you are now standing inside the lift. ***(Standing)***
- ✓ Be aware of the small changes happen inside your body when the lift is going up/down. ***(Change)***
- ✓ ……………………………………………………..…………………
- ✓ …………………………………………………………..………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 7th Month*

## *16. Mindfully Arriving at a New Destination*

*Becoming mindful in different places*

### 16.4 Reaching your Desk

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice attention that you are now getting closer to your Desk. ***(Feeling)***
- ✓ *Slowly, Mindfully and Silently* take off your bag and place it.
- ✓ Feel the pressure which was on your shoulder and back now getting released. ***(Feeling)***
- ✓ Allow your body to relax before sitting down. *(**Relaxing**)*
- ✓ Be aware of the refreshed feeling of your body. *(**Refreshing**)*
- ✓ ……………………………………………………………………..…
- ✓ ……………………………………………………………...……..…….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 7th Month*

## *16. Mindfully Arriving at a New Destination*

Becoming mindful in different places

### 16.5 Sitting on your Chair

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be mindful of your intention to sit on your chair. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice the movement of your hands, legs and body when you sit down. ***(Movement)***
- ✓ Be aware of the way your body feels in different postures. *(Between Sitting and Standing)* ***(Feeling)***
- ✓ Notice that now you are sitting in a comfortable manner. ***(Sitting down)***
- ✓ Pay attention to the present moment, *"**Now-I am-Here**"*.
- ✓ Be aware of the pleasant feeling. ***(Feeling)***
- ✓ Take some mindful breaths before starting your work or talking with your friends. ***(Breathings)***
- ✓ . ………………………………………………………………………
- ✓ ………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 7th Month*

## *16. Mindfully Arriving at a New Destination*

*Becoming mindful in different places*

### 16.6 Opening a Water Bottle

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

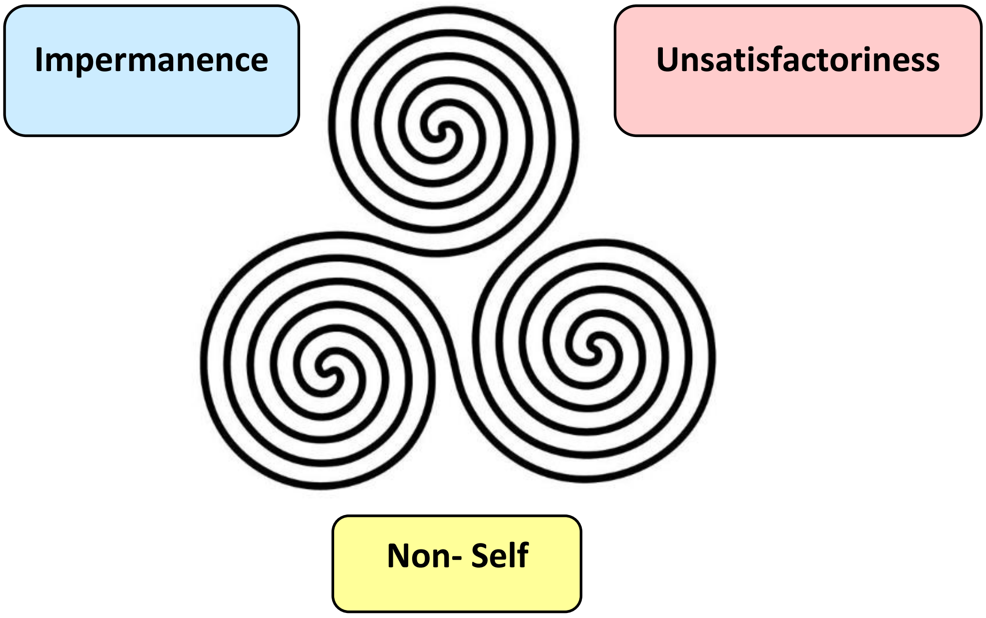
- ✓ Notice that there is a water bottle in front of you. ***(Notice)***
- ✓ Observe the shape, colour and the water level of the water bottle. ***(Seeing)***
- ✓ Mindfully guide your hand towards the bottle. ***(Moving)***
- ✓ Be aware that you are holding it in your hand. ***(Holding)***
- ✓ *Slowly, Mindfully and Silently* turn the lid of the Bottle. ***(Turning)***
- ✓ Notice the feelings you get when touching the lid. ***(Hard/Soft, Cold/Warm)***
- ✓ ……………………………………………………………………………….
- ✓ …………………………………………..……………………………………...

***Noting Practices*** *(Tick a box each time when you do the task)*

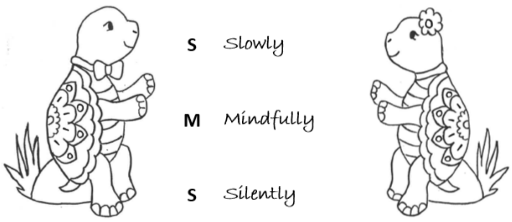
| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

| **Other Useful video links to learn more about Mindfulness – Part III** *(Tick the box once you watch it)* | | |
|---|---|---|
| **25** | Sathi Pasala ( සති පාසල 25 ) \| 2021-06-19 - YouTube | |
| **26** | Sathi Pasala ( සති පාසල 26 ) \| 2021-06-26 - YouTube | |
| **27** | Sathi Pasala ( සති පාසල 27 ) \| 2021-07-03 - YouTube | |
| **28** | Sathi Pasala ( සති පාසල 28 ) \| 2021-07-10 - YouTube | |
| **29** | Sathi Pasala ( සති පාසල 29 ) \| 2021-07-17 - YouTube | |
| **30** | Sathi Pasala ( සති පාසල 30 ) \| 2021-07-24 - YouTube | |
| **31** | Sathi Pasala ( සති පාසල 31 ) \| 2021-07-31 - YouTube | |
| **32** | Sathi Pasala ( සති පාසල 32 ) \| 2021-08-07 - YouTube | |
| **33** | Sathi Pasala ( සති පාසල 33 ) \| 2021-08-14 - YouTube | |
| **34** | Sathi Pasala ( සති පාසල 34 ) \| 2021-08-21 - YouTube | |
| **35** | Sathi Pasala ( සති පාසල 35 ) \| 2021-08-28 - YouTube | |
| **36** | Sathi Pasala ( සති පාසල 36 ) \| 2021-09-04 - YouTube | |

## Three Marks of Existence



| | | | |
|---|---|---|---|
| | **_My Sati Diary_**<br><br>**_8th Month_**<br>_(Tick a box once you start a task)_ | | |
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| 11,12 | **Select tasks from 5th month and continue** | | |
| 13,14 | **Select tasks from 6th month and continue** | | |
| 15,16 | **Select tasks from 7th month and continue** | | |
| | | | |
| **17** | **Be Mindful of Others**<br>(Be aware of your behaviour) | | |
| | 17.1 | Meeting another Person (Friends, Family members etc.) | |
| | 17.2 | Making a Telephone Call | |
| | | | |
| **18** | **Mindfully being Helpful in the Kitchen**<br>(Get involved in the routine work) | | |
| | 18.1 | Rinsing Rice | |
| | 18.2 | Opening/Closing the Refrigerator door | |
| | 18.3 | Chopping Vegetables/ Peeling Fruits | |
| | 18.4 | Turning on the Gas Cooker | |
| | 18.5 | Boiling Water | |
| | | | |
| ** | **Useful Sati Pasala video links for this month** | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 38 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 39 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 40 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 41 - YouTube | | |



# My Sati Diary – 8th Month

## 17. Be Mindful of Others

*Be aware of your behaviour*

### 17.1 Meeting another Person

### (Friends, Family members etc.)

(This blank space is for you to draw a picture to remind you of the task)

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that now you are seeing friends/family members/… ***(Seeing)***
- ✓ Greet them in a pleasant manner. ***(Greeting)***
- ✓ *Slowly, Mindfully and Silently* respond to their actions and words. ***(Respond)***
- ✓ Be a good open-heart attentive listener. ***(Listening)***
- ✓ Be mindful enough to talk truth, very clearly. ***(Speaking)***
- ✓ Be aware of your feelings and emotions towards their responses. ***(Feeling)***
- ✓ Practice being non-judgmental while interacting with others. ***(Non-Judgment)***
- ✓ Contribute to the conversation in a way which strengthens the connection. ***(Don't make any unnecessary arguments)***
- ✓ ……………………………………………………………………………..…
- ✓ ………………………………………………………………………..……..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 8th Month*

## *17. Be Mindful of Others*

Be aware of your behaviour

## 17.2 Making a Telephone Call

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that you have an intention to make a phone call. ***(Intention)***
- ✓ Be mindful of dialing the correct number. ***(Pressing)***
- ✓ Pay attention to the movements of your fingers and hand. ***(Movements)***
- ✓ Be aware of the way your fingertips feel. ***(Hard/Soft, Cold/Warm)***
- ✓ *Slowly, Mindfully and Silently* pay your attention to the sound when the phone is ringing. ***(Ringing)***
- ✓ While talking, notice your feelings and thoughts. ***(Emotion/Angry/Jealousy)***
- ✓ Be mindful enough to listen without making any judgments. ***(Non-judgment)***
- ✓ Notice that your voice is spreading around. ***(Voice)***
- ✓ Be mindful to finish the phone call shortly. ***(Short talk)***
- ✓ Carefully observe when you are hanging up the phone. ***(Hanging up)***
- ✓ …………………………………………..…………………………………..

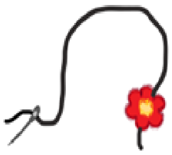
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Coloring - 8th Month

*Source of the image:*

https://i.pinimg.com/736x/6c/64/df/6c64df9edeefa15e85238efcc6f86d6a.jpg



# My Sati Diary – 8th Month

## 18. Mindfully being Helpful in the Kitchen

Get Involved in the routine work

### 18.1 Rinsing Rice

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to rinse rice. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* observe the entire process of rinsing the rice grains in a bowl. ***(Washing)***
- ✓ Pay attention to the senses when your fingers touch the rice grains. ***(Feeling)***
- ✓ Be aware of the movements of your fingers and hands. ***(Movement)***
- ✓ Observe how the rice grains move as your fingers move in the bowl. ***(Changing)***
- ✓ Be aware that water is flowing in to the rice bowl. (***Seeing***)
- ✓ Understand that the rice grains have now been rinsed enough. ***(Feeling)***
- ✓ Mindfully put the rice grains into the rice cooker/pot. (***Putting in)***
- ✓ ……………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 8th Month*

## *18. Mindfully being Helpful in the Kitchen*

Get involved in the routine work

### 18.2 Opening/Closing the Refrigerator door

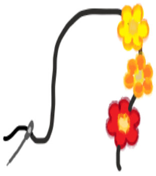
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that now you are standing closer to the refrigerator. ***(Standing)***
- ✓ Be aware of your intention to open the door of the refrigerator. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* open the door using the handle. ***(Opening)***
- ✓ Pay attention to the way your fingers feel when touching the door with your hand. ***(Hard/ Soft, Cold/ Warm)***
- ✓ Be aware of the movements of your hands while pulling the door. ***(Movement)***
- ✓ You might experience a noise when opening the door. ***(Sound)***
- ✓ Notice the cool air coming out of the refrigerator. ***(Feeling)***
- ✓ Be aware of the things inside it. ***(Seeing)***
- ✓ Mindfully choose the items that you want. ***(Choosing)***
- ✓ Slowly close the door of the refrigerator. ***(Closing)***
- ✓ Feel that the cool air has now disappeared from the atmosphere. ***(Change)***

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# *My Sati Diary – 8th Month*

## *18. Mindfully being Helpful in the Kitchen*

Get involved in the routine work

### 18.3 Chopping Vegetables/ Peeling Fruits

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your intention to cut vegetables/fruits into pieces. ***(Intention)***
- ✓ Observe the appearance of the veggies/fruits. ***(Colour**, **Shape**, **Texture)***
- ✓ Carefully notice the knife in your hand. ***(Hard/ Soft**, **Cool/Warm)***
- ✓ *Slowly*, *Mindfully and Silently* chop the vegetables/ fruits. (***Chopping)***
- ✓ Be aware of the senses arising when cutting the vegetables/ fruits. ***(Sound/ Smell)***
- ✓ While cutting notice the change in the shape of the veggies/fruits. ***(Change)***
- ✓ ……………………………………………………………………………
- ✓ ……………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 8th Month*

## *18. Mindfully being Helpful in the Kitchen*

Get Involved in the routine work

## 18.4 Turning on the Gas Cooker

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to turn on the gas cooker. ***(Intention)***
- ✓ Notice that now you are standing closer to the gas cooker. ***(Standing)***
- ✓ *Slowly, Mindfully and Silently* turn it on. ***(Turning on)***
- ✓ Be conscious of the sound arising when turning it on. ***(Sound)***
- ✓ Be aware of the way your finger-tips feel when touching the switch. ***(Hard/Soft, Cold/Warm)***
- ✓ See that a flame appears when the cooker is on. ***(Change)***
- ✓ Be aware of the smell of gas when the cooker is turned on. ***(Smelling)***
- ✓ …………………………………………………………………………………
- ✓ …………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 8th Month*

## *18. Mindfully Making a Cup of Tea*

Get Involved in the routine work

### 18.5 Boiling Water

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to boil water. ***(Intention)***
- ✓ Notice that you are now holding an empty kettle. ***(Hard/Soft**, **Cold/warm**, **Heavy/Light)***
- ✓ *Slowly, Mindfully and Silently* observe that you are now filling it with water. ***(Observing)***
- ✓ Feel the constant increase in weight of the kettle as it is getting filled with water. ***(Feeling)***
- ✓ Mindfully place the kettle on the cooker and switch it on. ***(Switch-on)***
- ✓ Be aware of the sound of the boiling water. ***(Sound)***
- ✓ Pay attention to it until the kettle is switched off. (***Listening***)
- ✓ …………………………………………………………..………………...
- ✓ ……………………………………………………………………………….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *Sati Song - සති ගීත*

| | |
|---|---|
| **Satimath Daruwanata** | සතිමත් දරුවනට........ |
| Sithata obe nowanu daasa<br>Sitha oba hata karanu daasa<br>Satimath sitha ee adahasa<br>Saru karawi paa madahasa | සිතට ඔබේ නොවනු දාස<br>සිත ඔබ හට කරනු දාස<br>සතිමත් සිත ඒ අදහස<br>සරු කරවයි පා මදහස |
| Guru sith dinawana daruwo<br>Satimath bawa saru keruwo<br>Sitha math gathi duru keruwo<br>Gatha sith asahana weruwo | ගුරු සිත් දිනවන දරුවෝ<br>සතිමත් බව සරු කෙරුවෝ<br>සිත මත් ගති දුරු කෙරුවෝ<br>ගත සිත් අසහන වැරුවෝ |
| Satiyen sita ganiminne<br>Satiyen ewidan yanne<br>Satiyen indagena enne<br>Satiyen sethapee ganne | සතියෙන් සිටගනිමින්නේ<br>සතියෙන් ඇවිදන් යන්නේ<br>සතියෙන් ඉදගෙන ඉන්නේ<br>සතියෙන් සැතපී ගන්නේ |
| Sip satharehi yedenaa wita<br>Satimath bawa owun wethata<br>Lan wee un sith wenathata<br>Yomu nokarai in pitathata | සිප් සතරෙහි යෙදෙන විට<br>සතිමත් බව ඔවුන් වෙතට<br>ළං වී උන් සිත වෙනතට<br>යොමු නොකරයි ඉන් පිටතට |
| Satimath bawa saru kala sitha<br>De kulagoth damayi iwatha<br>Digu karamin lowata detha<br>Minisath bawa agayanu etha | සතිමත් බව සරු කළ සිත<br>දෑ කුලගොත් දමයි ඉවත<br>දිගු කරමින් ලොවට දැත<br>මිනිසත් බව අගයනු ඇත |
| Ebandu gunen yuthu daruwo<br>Heta dina lowa dinu wiruwo<br>Ee sandaha pin piruwo<br>Wanu etha sathimath daruwo | එබඳු ගුණෙන් යුතු දරුවෝ<br>හෙට දින ලොව දිනු විරුවෝ<br>ඒ සඳහා පින් පිරුවෝ<br>වනු ඇත සතිමත් දරුවෝ |
| *Lyrics:*<br>*Mrs. Chithra Karunarathne* | *පද රචනය:*<br>*චිත්‍රා කරුණාරත්න මිය* |

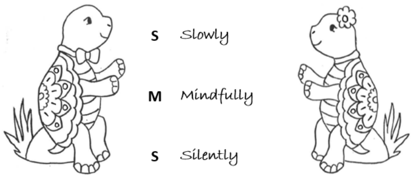
සති පාසල
உளவிழிப்புணர்வு பாடசாலை
Sati Pasala

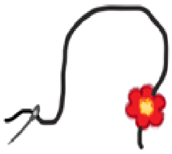
# *My Sati Diary*

## *9th Month*

*(Tick a box once you start a task)*

| Tasks | | | ✓ |
|---|---|---|---|
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| **5,6** | **Select tasks from 2nd month and continue** | | |
| **7,8** | **Select tasks from 3rd month and continue** | | |
| **9,10** | **Select tasks from 4th month and continue** | | |
| **11,12** | **Select tasks from 5th month and continue** | | |
| **13,14** | **Select tasks from 6th month and continue** | | |
| **15,16** | **Select tasks from 7th month and continue** | | |
| **17,18** | **Select tasks from 8th month and continue** | | |
| | | | |
| **19** | **Mindfully using the Computer/Laptop/…** (Observe each and every small activity) | | |
| | 19.1 | Start using the Computer | |
| | 19.2 | Type using the Keyboard | |
| | 19.3 | Checking e-mails /Messages | |
| | 19.4 | Sending e-mails / Messages | |
| | 19.5 | Charging a Device | |
| | | | |
| **20** | **Mindfully Managing the stressful and unpleasant moment** (Be aware to get some immediate relief from sufferings) | | |
| | 20.1 | Managing an Unpleasant Situation | |
| | 20.2 | Managing an Unpleasant Feeling | |
| | | | |
| ** | **Useful Sati Pasala video links for this month** | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 23 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 36 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 37 - YouTube | | |





# *My Sati Diary – 9th Month*

## *19. Mindfully use the Computer/Laptop/….*

Observe each and every small activity

### 19.1 Start using the Computer

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to turn on the computer. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* switch on the computer. ***(Switch on)***
- ✓ Notice the changes on the screen after switching it on. ***(Change)***
- ✓ Be mindful that you are touching the mouse of the computer. ***(Touching)***
- ✓ Be aware of the feelings to your fingers. ***(Hard/Soft, Cold/Warm)***
- ✓ Be mindful that the curser is appearing and moving when you move the mouse. ***(Moving)***
- ✓ ………………………..……………………………………………………
- ✓ ………………………………………………..……………………..…….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 9th Month*

## *19. Mindfully use the Computer/Laptop/…*

Observe each and every small activity

## 19.2 Type using the Keyboard

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to type using the Keyboard. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* start and continue the typing process. ***(Typing)***
- ✓ Be mindful of how your fingers move on the keyboard. ***(Moving)***
- ✓ Notice the feelings you get while touching the keys. ***(Hard/Soft, Cold/Warm)***
- ✓ Pay attention to the sound produced by the keys when typing. ***(Sound)***
- ✓ Observe how the words are getting displayed as you type. ***(Seeing)***
- ✓ …………………………………………………………………………
- ✓ …………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 9th Month*

## *19. Mindfully use the Computer/Laptop/…*

Observe each and every small activity

## 19.3 Checking e-mails/ Messages

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your intention to check e-mails/ messages. ***(Intention)***
- ✓ Be mindful when clicking on the e-mail app / message icon. ***(Clicking)***
- ✓ *Slowly, Mindfully and Silently* check the new messages, that you have received.
- ✓ Be aware of the feelings and thoughts you get while reading them. *(Pleasant /Unpleasant/ Neutral)* ***(Feelings)***
- ✓ Practise being non-judgmental when you are reading the e-mails/messages. ***(Non-judgment)***
- ✓ Carefully notice if you are aimlessly thinking. ***(Wandering)***
- ✓ Take a deep breath and relax your mind. ***(Breathing)***
- ✓ Pay your attention to calm yourself down. ***(Change)***
- ✓ Mindfully move on the next work that you have got.
- ✓ ……………………………………………………………………………
- ✓ ……………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 9th Month*

## *19. Mindfully use the Computer/Laptop/…*

Observe each and every small activity

### 19.4 Sending e-mails / Messages

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your arising intention to type a message/send a reply. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* write a message briefly to the point. ***(Writing)***
- ✓ Be mindful when you are typing. ***(Typing)***
- ✓ Notice your feelings and thoughts while writing the message. ***(Pleasant /Unpleasant/ Neutral)***
- ✓ Mindfully go through the message before sending it. ***(Reading)***
- ✓ Notice the way you click the "Sent" button when sending it. ***(Sending)***
- ✓ Take a deep breath and move on to the next work you have got.
- ✓ ……………………………………………………………………………
- ✓ …………………………………………………………………………..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# My Sati Diary – 9th Month

## 19. Mindfully use the Computer/Laptop/…

Observe each and every small activity

### 19.5 Charging a Device

*(This blank space is for you to draw a picture to remind you of the task)*

**Task checklist:** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to charge a device. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice that you are plugging in the device. ***(Plugging in)***
- ✓ Notice that you are turning on the switch. ***(Switching on)***
- ✓ Be aware of the way you feel when touching the device. ***(Hard/Soft, Cold/Warm)***
- ✓ Observe whether something appears on the screen of the device when you plug it in. ***(Observing)***
- ✓ Be mindful enough to check the device to see if it has fully charged.
- ✓ Be conscious to turn off the switch after charging your device. ***(Switch off)***
- ✓ Make sure to keep all the devices in their proper places before you leave.
- ✓ …………………………………………………………………………………
- ✓ …………………………………………………………………………………

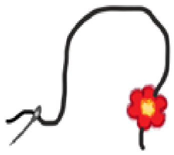
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Coloring - 9th Month

*Source of the image:*

https://www.vippng.com/png/detail/310-3107578_dragon-printable-coloring-pages-celtic-coloring-page-printable.png



# *My Sati Diary – 9th Month*

## *20. Mindfully managing the Stressful and Unpleasant moments*

Be aware to get some immediate relief from sufferings

### 20.1 Managing an Unpleasant Situation

(Unpleasant Form/Sound/Smell/Taste/Touch)

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that you are now experiencing something unpleasant. *(Unpleasant Sight /Unpleasant Sound/Unpleasant Smell/Unpleasant Taste/Unpleasant Touch). (**Unpleasant**)*
- ✓ Be mindful of this unpleasant feeling without making any judgments. (Do not judge it as an unpleasant sight/sound/smell/taste/touch). (***Non - judgment***)
- ✓ Just make a note in your mind about it as a *"Sight"/ "Sound"/"Smell"/"Taste"/"Touch". (**Notice**)*
- ✓ While observing this mental note, you will realize that all the unpleasant things have disappeared within a few moments. *(**Change**)*
- ✓ Realize that this unpleasant situation is not yours and it is beyond your control. *(**Not mine**)*
- ✓ Remember to take a few breaths to calm yourself down. *(**Calming**)*
- ✓ Connect with yourself and proceed *Slowly, Mindfully and Silently*.

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 9th Month*

## *20. Mindfully managing the Unpleasant moments*

Be aware to get some immediate relief from sufferings

### 20.2 Managing an Unpleasant Feeling

(Anger/Jealousy/Sleepiness/Pain)

*(This blank space is for you to draw a picture to remind you of the task)*

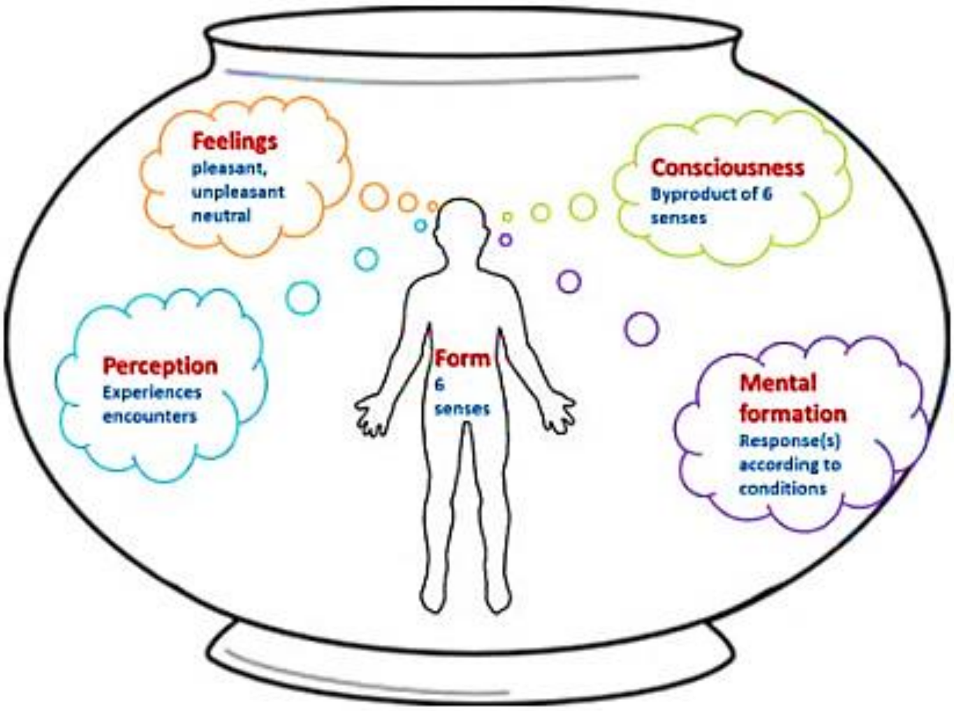
***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that you are now having an unpleasant feeling/ an emotion. *(Anger/Jealousy/Sleepiness/Pain)* – ***(Unpleasant)***
- ✓ Be mindful of the changes happening inside your body as you get an unpleasant feeling to your mind. ***(Change)***
- ✓ Notice that your mind becomes tired when going through an unpleasant feeling. ***(Tired)***
- ✓ Just make a note of it in your mind about it as *"Anger"/ "Jealousy"/ "Sleepiness"/ "Pain"*.
- ✓ While going through your mental note, you will realize that all the unpleasant feelings have gradually disappeared by now. ***(Change)***
- ✓ Realize that this unpleasant situation is not yours and it is beyond your control. (***Not mine***)
- ✓ Remember to take a few breaths to calm yourself down. ***(Calming)***
- ✓ Connect with yourself and proceed *Slowly, Mindfully and Silently*.

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

| Other Useful video links to learn more about Mindfulness – Part IV | | |
|---|---|---|
| *(Tick the box once you watch it)* | | |
| 37 | Sathi Pasala ( සති පාසල 37 ) \| 2021-09-11 - YouTube | |
| 38 | Sathi Pasala ( සති පාසල 38 ) \| 2021-09-18 - YouTube | |
| 39 | Sathi Pasala ( සති පාසල 39 ) \| 2021-09-25 - YouTube | |
| 40 | Sathi Pasala ( සති පාසල 40 ) \| 2021-10-02 - YouTube | |
| 41 | Sathi Pasala ( සති පාසල 41 ) \| 2021-10-09 - YouTube | |
| 42 | Sathi Pasala ( සති පාසල 42 ) \| 2021-10-16 - YouTube | |
| 43 | Sathi Pasala ( සති පාසල 43 ) \| 2021-10-23 - YouTube | |
| 44 | Sathi Pasala ( සති පාසල 44 ) \| 2021-10-30 - YouTube | |
| 45 | Sathi Pasala ( සති පාසල 45 ) \| 2021-11-06 - YouTube | |




**Five Aggregates of Clinging**

How Personalities are different from person to person?

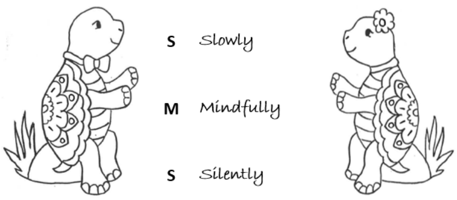
http://payattention.ca/wp-content/uploads/2020/09/5aggregates-480x356.jpg

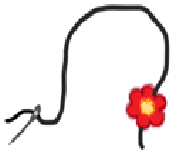
# *My Sati Diary*

## *10th Month*

*(Tick a box once you start a task)*

| | | | |
|---|---|---|---|
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| 11,12 | **Select tasks from 5th month and continue** | | |
| 13,14 | **Select tasks from 6th month and continue** | | |
| 15,16 | **Select tasks from 7th month and continue** | | |
| 17,18 | **Select tasks from 8th month and continue** | | |
| 19,20 | **Select tasks from 9th month and continue** | | |
| | | | |
| **21** | **Mindfully Doing the Studies**<br>(Get ready to enter a blooming new world) | | |
| | 21.1 | Wearing the Spectacles | |
| | 21.2 | Reading a Book | |
| | 21.3 | Taking a mindful Break during Studies | |
| | | | |
| **22** | **Mindful Resting**<br>(Notice the trouble-free moment) | | |
| | 22.1 | Observing Nature | |
| | 22.2 | Listen to your Thoughts | |
| | 22.3 | Listening to Music | |
| | | | |
| | **Useful Sati Pasala video links for this month** | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 25 - YouTube | | |
| | https://www.satipasala.org/sati-pasela-video/#walking | | |
| | https://www.satipasala.org/sati-pasela-video/#sitting | | |
| | https://www.satipasala.org/mindful-games/ | | |





# *My Sati Diary – 10th Month*

## *21. Mindfully Doing the Studies*

Get ready to enter a blooming new world

### 21.1 Wearing the Spectacles

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to wear your spectacles. ***(Intention)***
- ✓ Remember the place where you have kept them before. ***(Searching)***
- ✓ Understand that now you are holding the spectacles in your hand. (***Holding***)
- ✓ Experience the way your hands feels while holding it. ***(Hard/Soft***, ***Cold/Warm)***
- ✓ *Slowly, Mindfully and Silently* wear the glasses. (***Wearing***)
- ✓ Pay attention to the movement of your fingers and hands while you are putting them on. ***(Movement)***
- ✓ Observe the feelings you get after wearing the specs. ***(Change)***
- ✓ ……………………………………………………………………….……
- ✓ ………………………………………………………………….……..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# ***My Sati Diary – 10th Month***

## ***21. Mindful Doing the Studies***

Get ready to enter a blooming new world

## **21.2 Reading a Book**

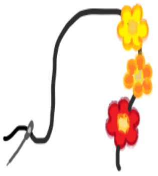
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Choose a book to read depending on your purpose or preference. (***Choosing***)
- ✓ Be aware that you are sitting at a quiet place in a comfortable manner. ***(Sitting)***
- ✓ Take a deep breath and relax your mind. ***(Relaxing)***
- ✓ Notice the physical appearance of the book. *(**Hardness/Softness**, **Colour** of the pages and pictures if any…..)*
- ✓ *Slowly, Mindfully and Silently* start to read the selected chapter. ***(Starting)***
- ✓ Highlight the important words/sentences that you would like to memorize or read again. ***(Highlighting)***
- ✓ Be mindful of the movement of your fingers when turning the pages. (***Moving***)
- ✓ From time to time be aware of your purpose of reading the book. ***(Reading)***
- ✓ ……………………………………………………………………………..…
- ✓ …………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |



# *My Sati Diary – 10th Month*

## *21. Mindfully Doing the Studies*

Get ready to enter a blooming new world

### 21.3 Taking a mindful Break during Studies

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice that you are now getting tired. ***(Feelings)***
- ✓ Feel the arising intention to take a break. ***(Intention)***
- ✓ Do some mindful berating or some mindful walking to relax yourself. ***(Relaxing)***
- ✓ If you want to extend your break, observe the surrounding. ***(Observing)***
- ✓ Now feel that your tiredness has disappeared. ***(Change)***
- ✓ Go back to your studies and do it *Slowly, Mindfully and Silently*.
- ✓ ……………………………………………………………………………
- ✓ …………………………………………………………………………..…..

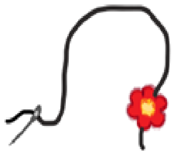
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

Mindful Picture Coloring - 10th Month

*Source of the image:*

https://i.pinimg.com/originals/92/14/a6/9214a6bc593f3f49de9b1d97abc895b3.jpg



# *My Sati Diary – 10th Month*

## *22. Mindful Resting*

Notice the trouble-free moment

### 22.1 Observing Nature

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Select a quiet and peaceful natural place outside your home on your preference. (Beach, park, paddy field, lake, river, garden or even under a tree)
- ✓ Simply go to that place without carrying any electronic devices with you. (Such as camera, hand phone, table computer etc.). *(**Just Walk**)*
- ✓ *Slowly, Mindfully and Silently* observe nature surrounded you. *(Sky, clouds, grass, birds, trees, Sunset etc.)* *(**Observing**)*
- ✓ Notice the sights, sounds, smells, etc. without making any judgments based on your previous experience. *(**Non-judgment**)*
- ✓ Enjoy the true nature.
- ✓ Observe your feelings. *(**Feelings**)*
- ✓ ………………………………………………………………..…………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 10th Month*

## *22. Mindful Resting*

Notice the trouble-free moment

## 22.2 Listen to your Thoughts

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware that you are in a comfortable position like sitting in a sofa/couch. ***(Sitting)***
- ✓ Observe the changes in your muscles and how they become relaxed. ***(Change)***
- ✓ Be conscious of about the changes in your mind as well. (***Feeling***)
- ✓ Notice that all the sights, sounds, smells, tastes, touches and thoughts you experienced earlier in the day has disappeared by now. ***(Disappeared)***
- ✓ Be mindful of how both happy thoughts and sad ones have disappeared by now. ***(Change)***
- ✓ *Slowly, Mindfully and Silently* be aware of the present moment and the arising pleasant feeling in your mind. ***(Feeling)***
- ✓ Pay your continuous attention to your body and mind.
- ✓ You may notice neutral feeling as well. (Feeling that is neither pleasant nor unpleasant) (***Neutral***)
- ✓ Be aware of how thoughts would vanish after a while. ***(Change)***

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 10th Month*

## *22. Mindful Resting*

Notice the trouble-free moment

### 22.3 Listening to Music

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your arising intention to listen to some music. ***(Intention)***
- ✓ Be aware that you are now turning some music on. ***(Switching on)***
- ✓ *Slowly, Mindfully and Silently* pay your attention to the rhythm of the music. ***(Listening)***
- ✓ Try to notice the breaking points in between the changing rhythm. ***(Space)***
- ✓ See whether you make any body movements (clapping, dancing) to the rhythm. ***(Change)***
- ✓ Be conscious of your emotions and feelings as you understand the lyrics of the song. ***(Change)***
- ✓ If your mind wanders off, observe it and bring it back to the present moment. ***(Wandering off/ "Now – I am – here")***
- ✓ Be aware of the disappearing sounds and your feelings as the song ends. ***(Change)***
- ✓ ……………………………………………………………………………………

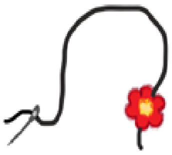
***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

## *Sati Song - සති ගීත*

| *Sathiye Balaya…….* | සතියේ බලය........ |
|---|---|
| Pipena dilena sitha – thewena dewena sitha<br>Raga kopa sitha – isiko man sitha<br>Magema kiya oba alwaagena windawai<br>Alwagena windawai | පිපෙන දිලෙන සිත - නැවෙන දැවෙන සිත<br>රාග කෝප සිත - ඉසිකෝ මන් සිත<br>මගෙම කියා ඔබ අල්වාගෙන විදවයි<br>අල්වාගෙන විදවයි |
| Yanena husma matha – thabana depaya matha<br>Awata shabdha wetha – manasa yomana sitha<br>Nithara elambi sihiye obe mana randawai<br>Oba randawai | යනෙන හුස්ම මත - තබන දෙපය මත<br>අවට ශබ්ද වෙත - මනස යොමන සිත<br>නිතර එළඹි සිහියේ ඔබේ මන රඳවයි<br>ඔබ රඳවයි |
| Kayehi athira bawa – mamek nomethi bawa<br>Wathmane siti bawa – satiya wedena bawa<br>Satimath sitha nirathuru oba danawai<br>Nirathuru danawai | කයෙහි අතිර බව - මමෙක් නොමැති බව<br>වත්මනෙ සිටි බව - සතිය වැඩෙන බව<br>සතිමත් සිත නිරතුරු ඔබ දනවයි<br>නිරතුරු දනවයි |
| Madesa balana sitha – sansun wu sita<br>Keles demunu sitha – wadana wedena sitha<br>Aramunu nethi imakata oba gena yayi<br>Imakata gena yayi | මදෙස බලන සිත - සන්සුන් වූ සිත<br>කෙලෙස් දැමුණු සිත - වඩන වැඩෙන සිත<br>අරමුණු නැති ඉමකට ඔබ ගෙන යයි<br>ඉමකට ගෙන යයි |
| Satiyen parinatha – divi maga anagatha<br>Saru wana magagatha – satimath daru kela<br>Heta dina lokaya satiyen eliya karai<br>Lokaya eliya karai | සතියෙන් පරිණත - දිවි මග අනගත<br>සරු වන මගගත - සතිමත් දරු කැළ<br>හෙට දින ලෝකය සතියෙන් එළිය කරයි<br>ලෝකය එළිය කරයි |
| Pipena dilena sitha – thewena dewena sitha<br>Raaga koopa sitha – isiko man sitha<br>Magema kiya oba alwaagena windawai<br>Alwagena windawai | පිපෙන දිලෙන සිත - නැවෙන දැවෙන සිත<br>රාග කෝප සිත - ඉසිකෝ මන් සිත<br>මගෙම කියා ඔබ අල්වාගෙන විදවයි<br>අල්වාගෙන විදවයි |
| Yanena husma matha – thabana depaya matha<br>Awata shabdha wetha – manasa yomana sitha<br>Nithara elambi sihiye obe mana randawai<br>Oba randawai//<br>*Lyrics:*<br>*Mr. Milinda Pathirana (Attorney at Law)* | යනෙන හුස්ම මත - තබන දෙපය මත<br>අවට ශබ්ද වෙත - මනස යොමන සිත<br>නිතර එළඹි සිහියේ ඔබේ මන රඳවයි<br>ඔබ රඳවයි//<br><br>*පද රචනය*<br>*නීතිඥ මිලින්ද පතිරණ* |

| | My Sati Diary<br><br>11th Month<br>(Tick a box once you start a task) | | |
|---|---|---|---|
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| 11,12 | **Select tasks from 5th month and continue** | | |
| 13,14 | **Select tasks from 6th month and continue** | | |
| 15,16 | **Select tasks from 7th month and continue** | | |
| 17,18 | **Select tasks from 8th month and continue** | | |
| 19,20 | **Select tasks from 9th month and continue** | | |
| 21,22 | **Select tasks from 10th month and continue** | | |
| | | | |
| **23** | **Mindful Shopping**<br>(Be aware of the distractions) | | |
| | 23.1 | Entering a Shop | |
| | 23.2 | Mindful Planning of Shopping | |
| | 23.3 | At the Cash Counter | |
| | | | |
| **24** | **Mindful Gardening**<br>(Observe the details of nature) | | |
| | 24.1 | Sweeping the Garden | |
| | *Sati Pasala Video Links:* | | |
| | \|\| එදිනෙදා වැඩ කටයුතු සමග සතිමත්වීම \|\| කුලියාපිටියේ ධම්මදීප ස්වාමීන්වහන්සේ - YouTube | | |
| | 24.2 | Weeding the Flower Bed | |
| | 24.3 | Watering the Flower Plants | |
| | 24.4 | Planting a Tree | |
| | | | |
| | **Useful Sati Pasala video links for this month** | | |
| | Mindful sitting \|\| Facilitator Training 08 - YouTube | | |
| | Mindful walking \|\| Facilitator Training 09 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 24 - YouTube | | |



# *My Sati Diary – 11th Month*

## *23. Mindful Shopping*

Be aware of the distractions

### 23.1 Entering a Shop

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to shop. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* enter the shop/supermarket. ***(Entering)***
- ✓ Pay attention to the surrounding as you go inside it. ***(Brightness**, **Cool/Warm**, **Sounds**, **People**, etc.)*
- ✓ Be mindful of your body movements when you are taking a trolley. ***(Moving)***
- ✓ Notice the textures of the trolley when you are touching it. ***(Hard/Soft**, **Cool/Warm)***
- ✓ Be mindful that you are getting attracted to many products when you see inside the shop. ***(Seeing)***
- ✓ Take a mindful walk towards the items that you want to buy. ***(Walking)***
- ✓ ……………………………………………………………………………………
- ✓ ……………………………………………………………………………..…….

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 11th Month*

## *23. Mindful Shopping*

*Be aware of the distractions*

## 23.2 Mindful Planning of Shopping

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be mindful to plan what you want before buying something. *(**Planning**)*
- ✓ *Slowly, Mindfully and Silently* select the items from the shelves. *(**Choosing**)*
- ✓ Notice your body movements and the way your hands feel while you are selecting the items and putting them inside the trolley. *(**Hard/Soft**, **Cool/Warm**)*
- ✓ Observe how the number of items is gradually increasing inside the trolley. *(**Observing**)*
- ✓ Be mindful only to buy what you need and not everything you see.
- ✓ Be aware that you have selected the things as you planned to buy. *(**Selecting**)*
- ✓ Take a mindful walk towards the cash counters. *(**Walking**)*
- ✓ ……………………………………………………………………….……
- ✓ ………………………………………………………………………..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 11th Month*

## *23. Mindful Shopping*

Be aware of the distractions

### 23.3 At the Cash Counter

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be mindful that you are awaiting near the cash counter. ***(Waiting)***
- ✓ *Slowly, Mindfully and Silently* pay attention to your body postures. ***(Standing)***
- ✓ Stay calmly until your turn comes. ***(Waiting)***
- ✓ Observe your body movements when you are putting stuff from the trolley on to the cash counter. ***(Movements)***
- ✓ Be patient until the cashier finishes his/her job. ***(Waiting)***
- ✓ Be aware that now you are holding many things in your hands. ***(Holding)***
- ✓ Be conscious to take all your belongings before you leave the shop. ***(Remembering)***
- ✓ ………………………………………..……………………………..……

***Noting Practices*** *(Tick a box each time when you do the task)*

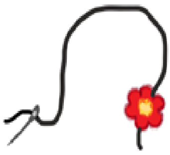
| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

Mindful Picture Coloring - 11th Month

*Source of the image:*

https://i.pinimg.com/originals/ae/f0/f6/aef0f6c4bd666ff41f8381123f971d4d.jpg

# *My Sati Diary – 11th Month*



## *24. Mindful Gardening*

Observe the details of nature

### 24.1 Sweeping the Garden

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Feel your intention to sweep the untidy garden. (***Intention***)
- ✓ Take a quick mindful walk in the garden before picking up the broom to sweep it. (***Walking***)
- ✓ Notice the way your legs feel when stepping on the soil, sand and small pebbles.
- ✓ Be aware that you are taking the broom, feel the textures to your hand. (***Hard/Soft***, ***Cool/Warm***)
- ✓ *Slowly, Mindfully and Silently* start sweeping by paying attention to it. (***Sweeping***)
- ✓ Observe the pattern of your moving hands while you are sweeping. ***(Movement)***
- ✓ If your mind wanders off, observe it and bring it back to the present moment. ***(Wandering off/ "Now-I am- Sweeping")***
- ✓ Notice the changes after sweeping the garden. ***(Change)***

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 11th Month*

## *24. Mindful Gardening*

Observe the details of nature

## 24.2 Weeding the Flower Bed

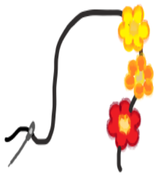
*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Take a quick mindful walk in the garden before you start weeding. ***(Walking)***
- ✓ Observe your intention to remove some weeds from the flower beds. ***(Intention)***
- ✓ Be aware to sit near the flower bed in a comfortable manner. ***(Sitting)***
- ✓ Study the nature of the flower bed and notice the weeds and unwanted plants. ***(Observing)***
- ✓ Take a deep breath and relax your mind before starting the weeding process. ***(Breathing)***
- ✓ *Slowly, Mindfully and Silently* observe the entire weeding process. ***(Weeding)***
- ✓ Observe the way your hand feels while weeding. ***(Hard/Soft, Cold/ Warm)***
- ✓ If you feel that your mind wanders off, pluck out those thoughts as if they were the weeds in the garden. ***(Tossing out)***
- ✓ Observe the pleasant feelings you get after completing this task. ***(Change)***

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |



# My Sati Diary – 11th Month

## 24. Mindful Gardening

Observe the details of nature

### 24.3 Watering the Flower Plants

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Pay special attention to each part of the flower plant in detail (Color, textures and pattern of the flower, etc.). ***(Observing)***
- ✓ Be aware of certain emotions arising when you look at flowers. (***Feeling***)
- ✓ Notice the feelings to your fingers while touching them. ***(Hard/ Soft***, ***Cool/Warm)***
- ✓ Be conscious of the fragrance of flowers.
- ✓ Feel that some flower plants require watering. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* start the watering process to your flower beds. ***(Watering)***
- ✓ Notice the way your hands feel while you are touching the water bucket. ***(Hard/ Soft***, ***Cool/Warm)***
- ✓ Be mindful of your hand movements while watering them. ***(Movements)***
- ✓ Listen to the sound of splashing water when the water hits the flower plant. ***(Sound)***
- ✓ Notice the change in the in the flower bed. ***(Change)***

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

# *My Sati Diary – 11th Month*

## *24. Mindful Gardening*

Observe the details of nature

### 24.4 Planting a Tree

*(This blank space is for you to draw a picture to remind you of the task)*

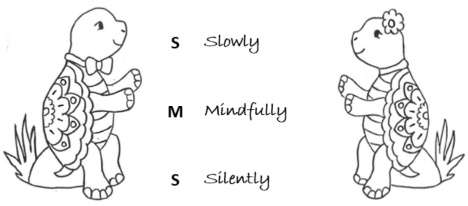
***Task checklist:*** *(Make a mental note of each act accordingly)*

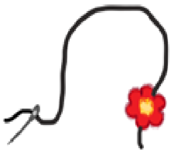
- ✓ Be aware of your intention to plant a tree in your garden. ***(Planting)***
- ✓ Observe the surrounding before bringing the equipment into the garden. ***(Observing)***
- ✓ Notice the way your fingers feel while touching the tools. ***(Hard/ Soft, Cool/Warm)***
- ✓ Feel the weight of the shovel or spade in your hand while you are digging a hole.
- ✓ Experience the physical senses between the soil and the fingers when touching them. ***(Sensation)***
- ✓ Do not give up your gardening work just because you get some dirt in your hand, accept it without regretting and see the way your hands feel. ***(Sensation)***
- ✓ *Slowly, Mindfully and Silently* observe the entire process of planting a tree.
- ✓ Beware of the changes in your garden after planting. ***(Change)***
- ✓ By the end of this task, you may feel like an environment friendly person. ***(Feeling)***

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

| | | | |
|---|---|---|---|
| | | ***My Sati Diary***<br><br>***12th Month***<br>*(Tick a box once you start a task)* | |
| **Tasks** | | | ✓ |
| | **Select tasks from 1st month and continue** | | |
| | 1 | Mindful Walking | |
| | 2 | Mindful Sitting | |
| | 3 | Mindfully Tooth Brushing | |
| | 4 | Playing Sati Games | |
| 5,6 | **Select tasks from 2nd month and continue** | | |
| 7,8 | **Select tasks from 3rd month and continue** | | |
| 9,10 | **Select tasks from 4th month and continue** | | |
| 11,12 | **Select tasks from 5th month and continue** | | |
| 13,14 | **Select tasks from 6th month and continue** | | |
| 15,16 | **Select tasks from 7th month and continue** | | |
| 17,18 | **Select tasks from 8th month and continue** | | |
| 19,20 | **Select tasks from 9th month and continue** | | |
| 21,22 | **Select tasks from 10th month and continue** | | |
| 23,24 | **Select tasks from 11th month and continue** | | |
| | | | |
| **25** | **Doing Religious Activities Mindfully**<br>(Travelling the correct path) | | |
| | | | |
| **26** | **Mindful Sleeping**<br>(Enjoy a good night's sleep) | | |
| | 26.1 | Planning the Next Day | |
| | 26.2 | Getting ready for Bed | |
| | 26.3 | While you are on the Bed | |
| | 26.4 | Last mindful Breath of the Day | |
| | | | |
| | **Useful Sati Pasala video links for this month** | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 30 - YouTube | | |
| | SLBC AUDIO TO VIDEO FOR EDUCATION 31 - YouTube | | |
| | Sathi Pasala ( සති පාසල 38 ) \| 2021-09-18 - YouTube | | |
| | Sathi Pasala ( සති පාසල 45 ) \| 2021-11-06 - YouTube | | |





# *My Sati Diary – 12th Month*

## *25. Doing Religious Activities Mindfully*

Travelling the correct path

*(This blank space is for you to draw a picture to remind you of the task)*

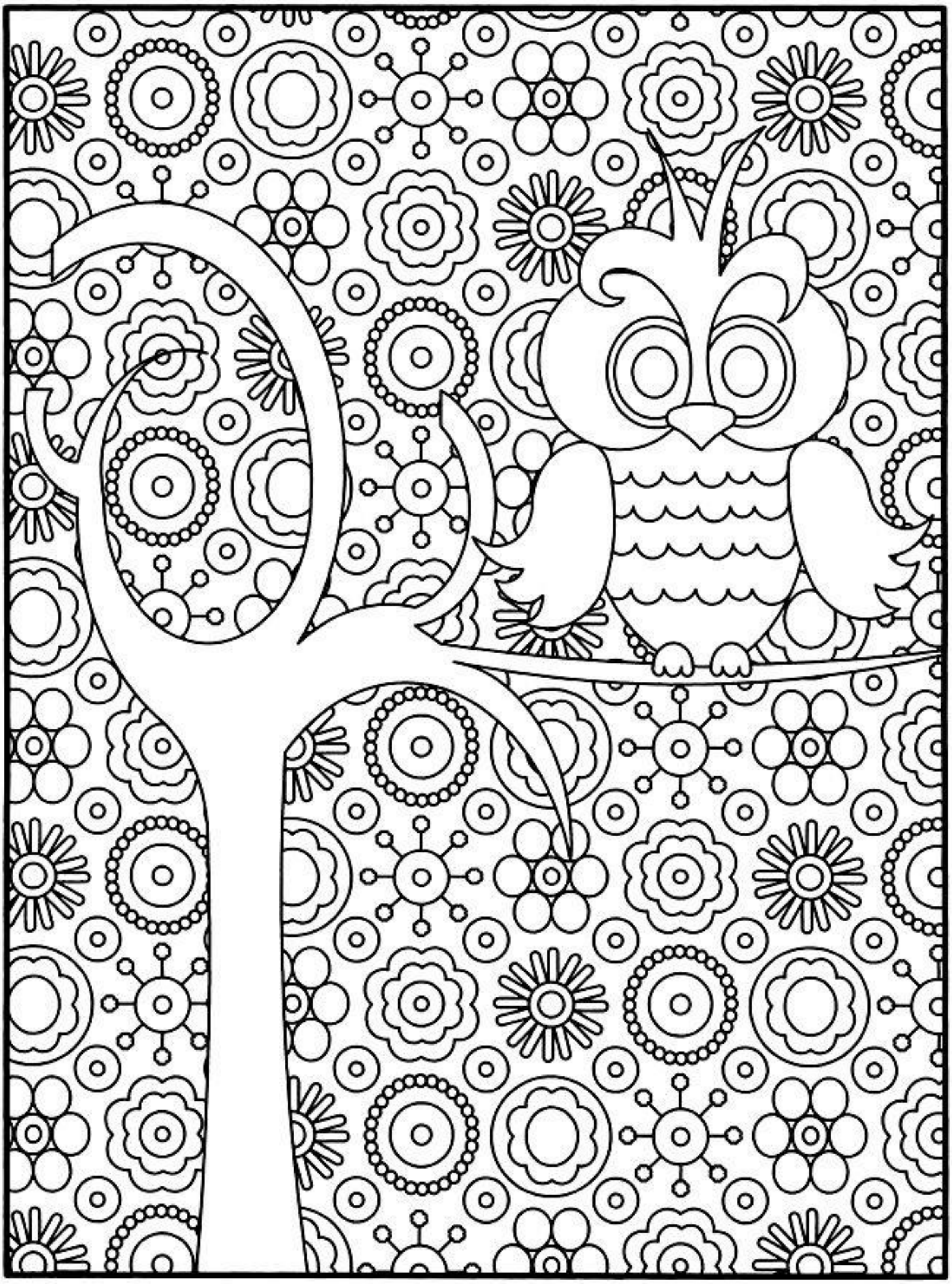
***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ *Slowly, Mindfully and Silently* do all the pre-preparations required for the religious activity beforehand. ***(Arranging)***
  (Arranging flowers, lighting sandal sticks/ lamps/ candles, arranging herbal drinks/water etc. for offering.)
- ✓ Feel the touch you experience while you are holding them. ***(Colour*, *Shape*, *Hard/Soft)***
- ✓ Be mindful of the movement of your fingers and hands when arranging them. (***Moving)***
- ✓ Be Mindful when offering the pre-prepared offering. ***(Offering)***
- ✓ Do the chanting as you would normally do mindfully. ***(Chanting)***
- ✓ Observe the rhythm of the "Chanting". ***(Sound)***
- ✓ Do some "Mindful Sitting" at the end of the religious activity. ***(Now – I am - Here)***
- ✓ Observe your feelings after doing them. ***(Feeling)***
- ✓ ……………………………………………………………………………
- ✓ ……………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *1* | *6* | *11* | *16* | *21* | *26* | *31* | *36* | *41* | *46* | *51* | *56* | *61* | *66* | *71* | *76* | *81* | *86* | *91* | *96* |
| *2* | *7* | *12* | *17* | *22* | *27* | *32* | *37* | *42* | *47* | *52* | *57* | *62* | *67* | *72* | *77* | *82* | *87* | *92* | *97* |
| *3* | *8* | *13* | *18* | *23* | *28* | *33* | *38* | *43* | *48* | *53* | *58* | *63* | *68* | *73* | *78* | *83* | *88* | *93* | *98* |
| *4* | *9* | *14* | *19* | *24* | *29* | *34* | *39* | *44* | *49* | *54* | *59* | *64* | *69* | *74* | *79* | *84* | *89* | *94* | *99* |
| *5* | *10* | *15* | *20* | *25* | *30* | *35* | *40* | *45* | *50* | *55* | *60* | *65* | *70* | *75* | *80* | *85* | *90* | *95* | *100* |

Mindful Picture Coloring - 12th Month



*Source of the image:*

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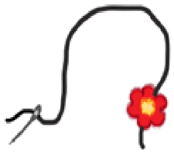

# *My Sati Diary – 12th Month*

## *26. Mindful Sleeping*

Enjoy a good night's sleep

### 26.1 Planning the Next Day

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Notice your arising intention to make a study plan for the next day. ***(Intention)***
- ✓ Slowly, Mindfully and Silently start make the study plan for the next day. ***(Planning)***
- ✓ Be aware that now you are thinking about your plan. ***(Wandering off)***
- ✓ Take a deep breath and relax your mind.
- ✓ Return to the task of planning with a calm and controlled mind to achieve your goal. (***"Now – I am – Here")***
- ✓ ……………………………………………………………………..……
- ✓ ……………………………………………………………………..…..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
| 4 | 9 | 14 | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 12th Month*

## *26. Mindful Sleeping*

Enjoy a good night's sleep

## 26.2 Getting ready for Bed

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be mindful about your intention to get ready for bed. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice each moment of the activities you do while getting ready. ***(Observing)***
- ✓ Be aware that the clothes are toughing you while changing. ***(Hard/ Soft, Cool/Warm)***
- ✓ See the changes of the room from light to darkness when switching off the light. ***(Change)***
- ✓ ……………………………………………………………………………
- ✓ ……………………………………………………………………….…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 3 | 8 | 13 | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 |
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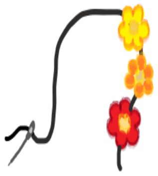

# *My Sati Diary – 12th Month*

## *26. Mindful Sleeping*

Enjoy a good night's sleep

## 26.3 While you are on the Bed

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Be aware of your intention to lie down on the bed. ***(Intention)***
- ✓ *Slowly, Mindfully and Silently* notice the movements of your hands, legs, and body when you are lying down on the bed. ***(Movement)***
- ✓ Be mindful of the senses you experience when your body touches the bed sheet/ mattress. ***(Hard/ Soft, Cool/Warm)***
- ✓ Understand that now your body is lain down. ***(Lying down)***
- ✓ Notice that now your body muscles and the blood flow is being relaxed. ***(Feeling)***
- ✓ ………………………………………………………………………..…
- ✓ ……………………………………………………………………..……..…..

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
| 2 | 7 | 12 | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
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| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

# *My Sati Diary – 12th Month*

## *26. Mindful Sleeping*

Enjoy a good night's sleep

### 26.4 Last mindful Breath of the Day

*(This blank space is for you to draw a picture to remind you of the task)*

***Task checklist:*** *(Make a mental note of each act accordingly)*

- ✓ Acknowledge and congratulate yourself on being mindful for the day. ***(Thanking)***
- ✓ Let go all the thoughts about past and future, only be aware of the present moment. ***(Now - I am -Here)***
- ✓ Allow yourself to smile and feel the joy. ***(Feeling)***
- ✓ *Slowly, Mindfully and Silently* observe the entire process of closing your eyes. ***(Observing)***
- ✓ Be mindful of the breathing process as you close your eyes until you fall asleep. ***(Breathing)***
- ✓ ……………………………………………..………………………………
- ✓ ……………………………………………..…………………………..……

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
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| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

*(This blank worksheet is given for you to write additional tasks)*

| | **My Sati Diary - …………….** | |
|---|---|---|
| | | |
| | | |

**Task checklist:** *(Make a mental note of each act accordingly)*

- ✓ ………………………………………..…………………….………………………
- ✓ ………………………………………..……………………………………..…..
- ✓ ……………………………………..…………………………….……………
- ✓ ………………………………………..……………………………….……..…..
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- ✓ ………………………………………..………………………………..………..…..
- ✓ ……………………………………………………………………………………………………………………

***Noting Practices*** *(Tick a box each time when you do the task)*

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 11 | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 |
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| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |

This is to certify that

..............................................

..................................................................

(Name of the Student & School)

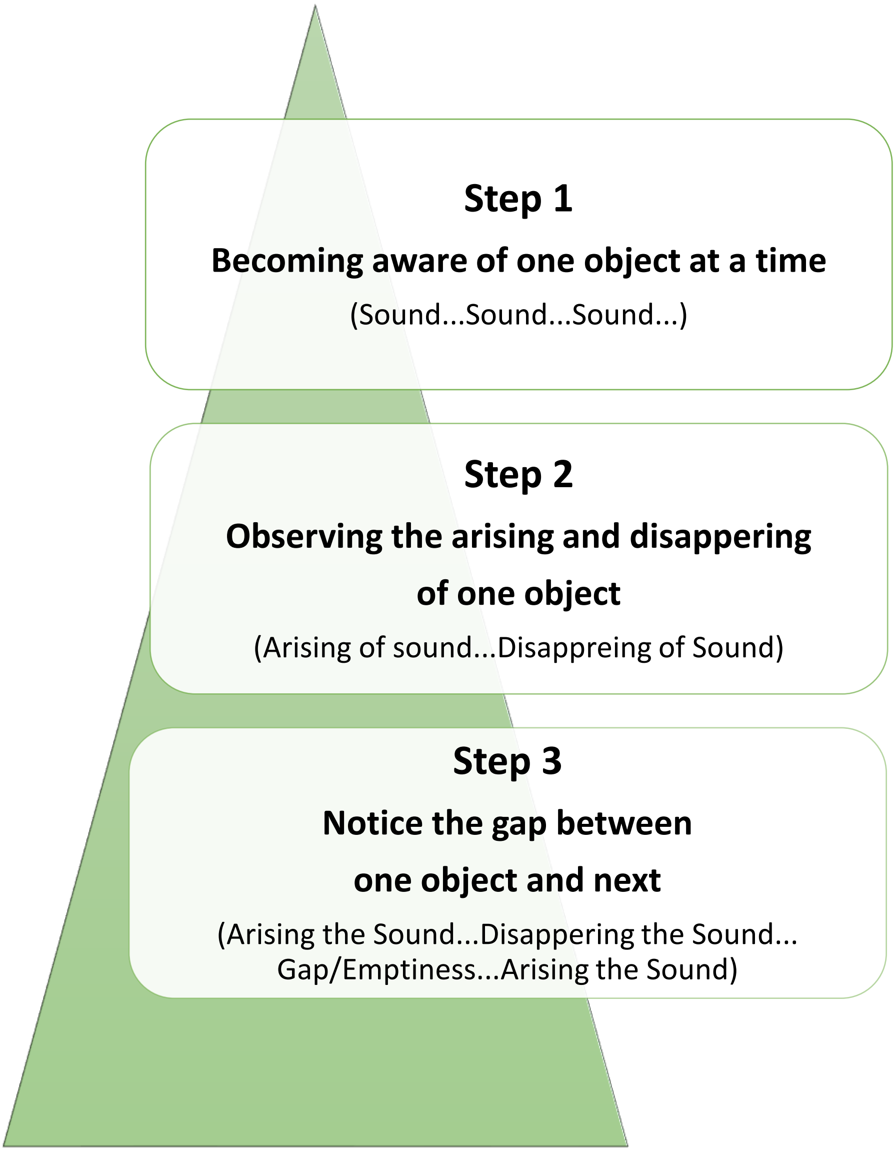
Has successfully completed
Tasks given in "My Sati Diary"

.......................................

School Class Teacher

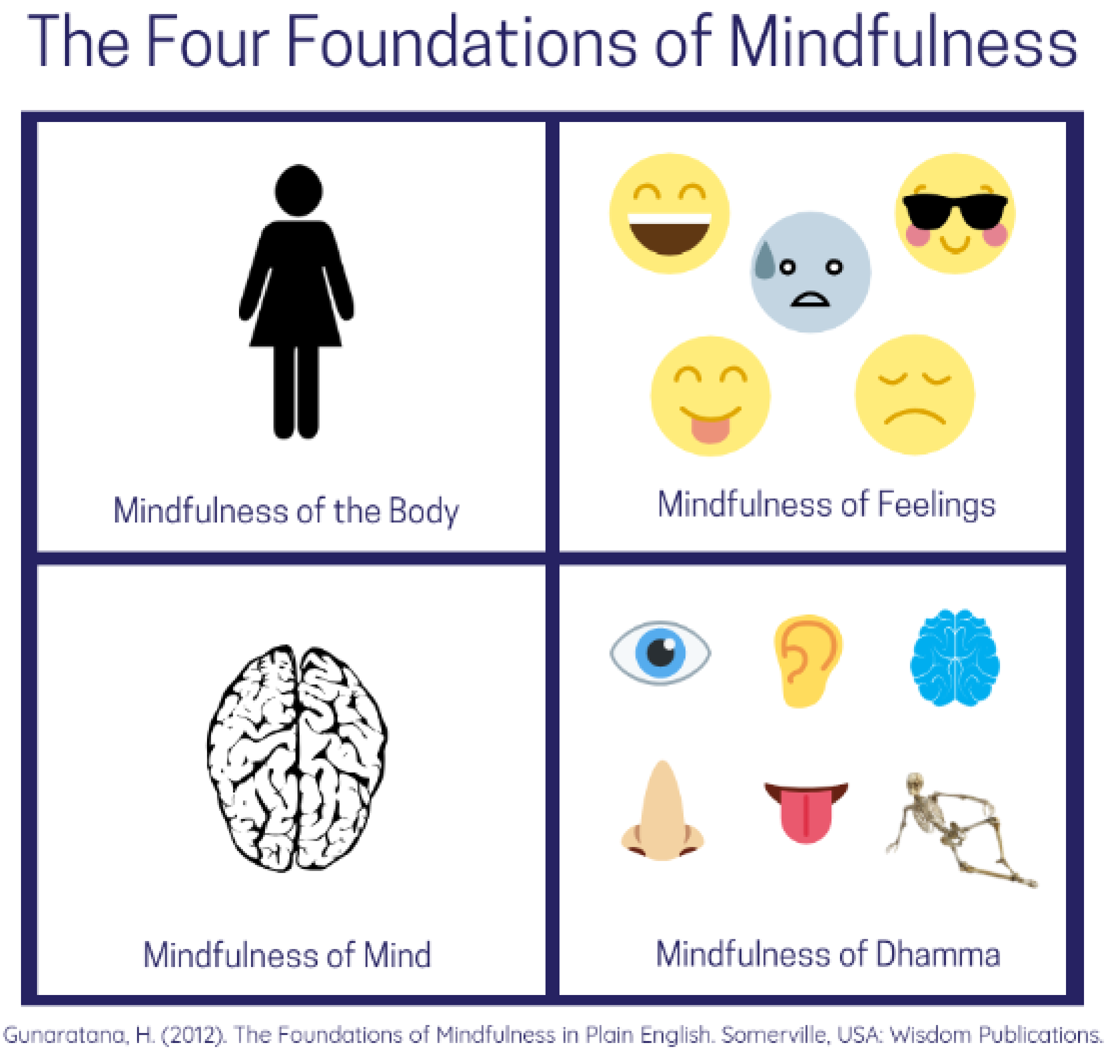
.......................................

Sati Pasala Foundation




**Improving Mindfulness**

Sati Pasala

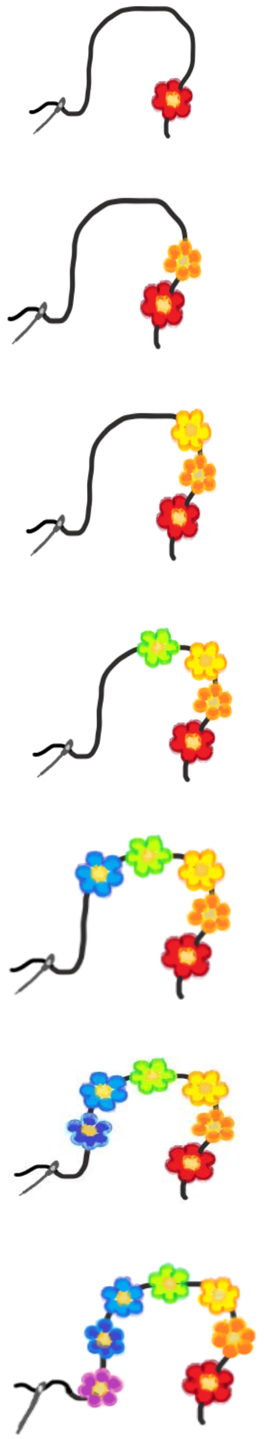



*Source of the Picture:*

https://www.habitsforwellbeing.com/wp-content/uploads/2018/10/The-Four-Foundations-of-Mindfulness-2.png

| **Total Coverage of the Book, My Sati Diary ©** | |
|---|---|
| *Main tasks to be practise in daily life* | *26* |
| *Sub tasks under the main tasks* | *82* |
| *Mindful colouring pictures (extracted from internet)* | *12* |
| *Songs from Sati Pasala* | *06* |
| *Sati Pasala short video links* | *50* |
| *Sati Pasala TV program links* | *45* |
| *Important "Sati" points highlighted via images* | *09* |
| *Blank designed sheets* | *03* |
| *Total number of pages in the book* | *128* |

***“Just like how a flower garland is created from knitting flower after flower, a whole Sati Day will be created by doing a series of mindful tasks one after the other.”***



### *The Benefits of Mindfulness*

Solid scientific evidence shows that mindfulness practice improves attention, self-control, emotional resilience, recovery from addiction, memory, immune response, and more. This summarizes benefits that are particularly relevant to educators; these are fundamental human abilities that when fostered through mindfulness practice will contribute to greater well-being in our school communities.

1. ***Manage Stress & Anxiety***
2. ***Strengthen Cognitive Health & Attention***
3. ***Model Compassion & Kindness***
4. ***Cultivate Awareness & Balance***
5. ***Foster Empathy & Connection***
6. ***Grow Resilience***

“Mindfulness has been a very powerful experience for my staff. My work with Mindful Schools helped me reach a better understanding of how mindfulness could be taught to children and profoundly affect the culture of a whole school.”

– Kit Flynn
Principal, Ann Arbor, MI

“This is EXACTLY what we needed. I would describe this as the greatest gift principals could provide for their faculty and staff.”

– Maurice Harper
High School Principal, San Francisco, CA

https://www.mindfulschools.org/about-mindfulness/why-is-mindfulness-needed-in-education/

ISBN 978-624-6148-00-3